

Injured at work?
Follow these easy steps
to get back on track.

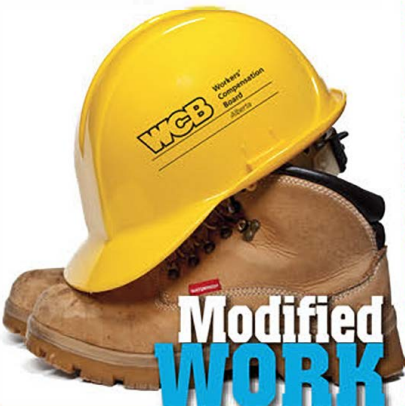


**Modified
WORK**

www.wcb.ab.ca
Build your plan today.

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Tell your employer

- Let your supervisor know how your accident happened.
- Discuss how you can alter your job duties while you recover.
- If you need time away, plan to stay in touch while you recover.
- Find out if your employer has an Occupational Injury Services clinic available for you.

1



Tell your health care provider

- If your employer has access to an Occupational Injury Services clinic – take advantage for faster service and knowledgeable return-to-work advice.
 - Clinic doctors can see you within 30 minutes if you call ahead.
- Let your treatment provider know your accident happened at work.
- Discuss with your treatment provider how you can modify your job duties while you recover.

2



Tell WCB

- Report your injury to WCB-Alberta online.
 - Confirm your return-to-work options with WCB.
 - Share your ideas with your WCB contact for modifying your job to help you return to work safely.

Questions about coverage or need help?

Edmonton: 780-498-3999

Calgary: 403-517-6000

Toll free in Alberta: 1-866-922-9221

Toll free outside Alberta: 1-800-661-9608 (in Canada)

3



Stay connected

- Stay connected with your supervisor. Call regularly to share your progress.
- Discuss modified work options and dates.
- Play an active role in your recovery and return-to-work plan.

For more information about your case plan and return to work options, visit

<https://www.wcb.ab.ca/return-to-work/return-to-work-planning/for-workers.html>

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WCB-Alberta's priority is helping you get back to work safely.

Your adjudicator or case manager will work with you, your employer and health care provider to achieve this goal.

Modified work is a simple, safe and positive way to return to your workplace.



Through modified work, you gain:

- **Independence** – You remain self-sufficient.
- **Income and job security** – You know you have a job to return to and do not have to look for alternate employment.
- **A sense of belonging** – to your company and co-workers.
- **Self-worth** – You help your recovery and feel better about your injury.
- **A better recovery.**

Modified work can be as simple as changes in:

- tasks or functions (less lifting, or bending)
- workload (e.g. hours or schedules)
- environment or work area (in the office, shop or front counter)
- equipment (changes in equipment used)



Use this card to help you plan your return to work:

I hurt my

I should avoid

I can do

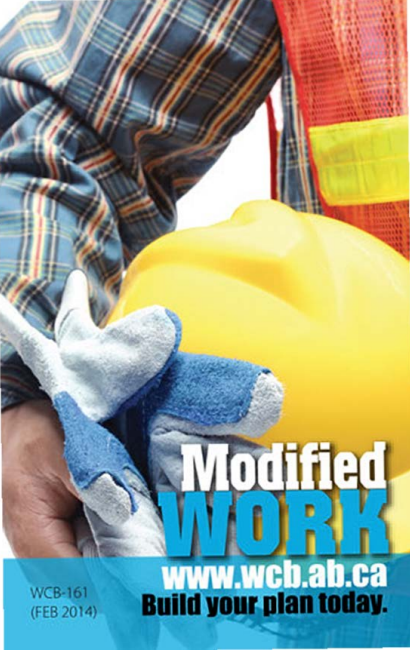
I can modify my job by

Scan with your smart phone to report an injury online



Learn more about how you can help your recovery:

<https://www.wcb.ab.ca/treatment-and-recovery/achieve-your-best-recovery.html>



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