

WCB VOICE



December 2017

WCB Launches First-Ever Return to Work Campaign



Sometimes rest isn't always best when recovering from a workplace injury.

In fact, getting back to modified work in a safe and healthy way can do more for recovery than being at home.

That's the message of our recent Return to Work campaign, which shows how returning to safe and meaningful modified work is an important part of recovery that can help workers get better. It can also help them:

- Recover faster
- Return more quickly to their

normal activities at work and home

- Maintain relationships with co-workers
- Keep skills sharp and
- Maintain emotional well-being.

You can view our campaign at wcb.mb.ca/campaigns.

With a personalized, safe Return to Work plan, you could get better faster than by being at home. In fact, doctors agree that rest isn't always best when recovering from an injury.

An Ideal Return to Work Plan:

- Involves the injured worker, employer, healthcare provider and the WCB working together
- Is good for recovery
- Offers a safe and gradual Return to Work which may include modified duties
- Provides meaningful work for the injured worker
- Is tailored to the individual capabilities of the worker and based on clear guidelines provided by the healthcare provider
- Involves supervisors and co-workers in supporting the injured worker and following the plan
- Is monitored regularly by the employer, healthcare provider and the WCB to make sure the plan stays on track
- Encourages all parties to contact the WCB if any issues arise.

Learn more at wcb.mb.ca/return-to-work-information-if-you-are-a-worker and download the poster "What to Expect from Return to Work."

If you're hurt at work, we're here to help.

Report all workplace injuries by calling (204) 954-4100.



SAFE Work Manitoba Introduces Occupational Disease Prevention Strategy

SAFE Work Manitoba is targeting disease and illness in the workplace with a new five-year strategy.

From 2000 to 2015, more than 200 Manitobans lost their lives to cancer, lung disease and other illnesses because they were exposed to harmful substances in their workplaces.

Even more Manitobans cope with serious, work-related health conditions, which include respiratory issues, skin disorders and hearing loss. There are many types of hazards that can make a worker ill. These hazards include toxic chemicals, noise, biological agents, extreme heat and cold, and radiation.

The *Occupational Disease and Illness Prevention Strategy* represents SAFE Work Manitoba's commitment to addressing the illnesses that are having the greatest impact on Manitoba workers. It focuses on four tactics:

1. Monitoring workers' exposures to physical and chemical hazards (over an extended period of time

and in several different industries and workplaces)

2. Identifying exposure levels and effective safety controls based on evidence from the monitoring
3. Educating and building awareness among all Manitobans about occupational disease and illness prevention
4. Strengthening partnerships to prevent disease and illness in the workplace

The monitoring is unique in that it will give a more complete picture of high-risk substances in Manitoba workplaces, taking into account different working conditions that can affect how much a worker is exposed.

It will allow SAFE Work Manitoba to give employers and workers relevant, evidence-based information to make practical improvements in the workplace. Using the results of the monitoring to improve illness prevention will make workplaces safer

now and will help to prevent future illnesses (in the case of diseases that take many years to develop).

To learn more about the strategy, visit safemanitoba.com/Resources/Pages/Occupational-Disease-and-Illness-Prevention-Strategy.aspx.



WCB Voice Now on our Website

The WCB Voice newsletter is now available electronically on our website. Check it out by visiting wcb.mb.ca and clicking on Worker > WCB Newsletters.

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