

The WCB's Role

- Your WCB adjudicator or case manager will monitor your return to work plan and assist with your wage loss benefits.
- Your WCB adjudicator or case manager will become involved to assist you if you need help in your return to work plan – we're here to help.

Questions or Concerns?

If your return to work is not going according to plan, the WCB is here to help. Call your WCB contact or call us at 204-954-4321 or 1-855-954-4321.



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

Contact Us:

wcb@wcb.mb.ca

204-954-4321

1-855-954-4321 (toll free)

Report fraud and non-compliance:

204-888-8081 or 1-844-888-8081 (toll free)

Compliance@wcb.mb.ca

For more information, visit

www.wcb.mb.ca

The Workers Compensation Board of Manitoba
333 Broadway, Winnipeg, MB R3C 4W3



SAFE Work is everyone's responsibility.
Preventing injuries is good for employers
and workers. Learn more at:

safemanitoba.com

204-957-SAFE (7233) in Winnipeg
1-855-957-SAFE (7233) outside Winnipeg

**RETURN TO
WORK**
for Better Recovery



Returning to Work Helps You Recover

Returning to work after a workplace injury starts after you're hurt or become ill. The first step is to get the healthcare services you need to help you recover. The next step is to start planning for your return to work. Returning to work as soon as physically and safely possible can help your recovery.

The first step is to get the healthcare services you need to help you recover.



Your Role:

- Take an active part in the return to work plan as agreed during all discussions.
- Attend all healthcare appointments and follow your prescribed treatment plan.
- Help your healthcare provider understand the type of work you do.
- Keep in touch with your WCB adjudicator or case manager and your employer to let them know how you are feeling. This helps keep you connected to your workplace and helps your employer plan work that you are able to do as you recover.

Your Healthcare Provider's Role:

- Your healthcare provider should recommend timelines for your return to work and provide information about your abilities.
- Timelines will indicate the earliest date for your return to safe and suitable modified or alternate duties.
- Your healthcare provider can also share information about your abilities with your employer.

Your Employer's Role:

Your employer usually organizes the return to work process with you and your healthcare provider. Your union may be included, along with your WCB adjudicator or case manager. A plan is developed based on the recommendations of your healthcare provider and what you are able to do when you go back to work.

- Your return to work plan might include modified or alternate duties or reduced hours of work.
- Your employer should also keep in touch with you and support you in your return to work plan.

Re-employment obligations

Legislation requires employers with 25 or more full-time or regular part-time workers to re-employ injured workers who were employed for at least 12 continuous months prior to their injuries. For more information on re-employment obligations, visit wcb.mb.ca or call 204-954-4321 or 1-855-954-4321 (toll free) for a copy of the *Re-employment Obligations* brochure.

Benefits of a return to work plan:



Helps you recover more quickly and completely from your injury.



Maintains your job stability, knowledge and relationships with co-workers.



Helps you stay connected and get back on track sooner.



Reduces the financial impact to you and your family.