

Looking After Yourself In the Workplace

- > Liaise with your workplace supervisor and Rehabilitation Provider.
- > Understand your responsibilities regarding OH&S.
- > Maintain a "duty of care" toward yourself, your work-mates and your employer.
- > Follow your Return To Work programme.
- > Take your breaks - according to your Return To Work programme.
- > If possible, leave the workplace at long breaks - take a walk around the block, read a book, enjoy the fresh air.
- > Talk with a colleague. Share a laugh, or a concern.
- > Be positive about your role in the workplace.
- > Although you may be returning on reduced hours/duties, your job is still a necessary one.



CLStaff Support Specialists

**Your CLS Counsellor
can support you
with information
or counselling in times
of injury or illness.**

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CLStaff Support Specialists

**RETURNING
TO WORK
AFTER INJURY**

MAKING IT EASIER!



PHONE 1300 132 098

.....> **Feelings often experienced by those involved in their Workplace Rehabilitation Process include:**

Anxiety regarding their future in the workplace.

Frustration at the loss of ability to control their own lives, i.e. Feelings of powerlessness.

Anger often directed at work-mates, family and friends.

Bewilderment about what's happened physically.

Sadness and loss of connection with work-mates, family and friends.

Isolation or sense of distance with work-mates, family and friends.

Depression: life is too hard both physically & emotionally.

These are all normal feelings that are often experienced by a person returning to work after a work-related injury.

The emotions will vary in intensity and severity depending on the individual.

.....> **How can a person cope with these feelings and thoughts?**

Take time

Allow time to acknowledge that life has changed. Be patient and don't be hard on yourself.

Plan for the future

Think about what happened and what it may mean for the future. Talk with family members, friends, human resource professionals or your CLS counsellor.

Heal, physically and emotionally

With time, feelings may change. All changes in life are stressful and people need time to heal. Get extra rest, eat properly and avoid over-indulgence with alcohol and cigarettes.

Connect

Talk about your concerns, fears and frustrations with your Rehabilitation Provider, your on-site counsellor, or with family, close friends and trusted work-mates. It is their support you may need most in the future.

.....> **How can other people help?**

Treat the injured person normally.

Accept them back into the workplace without questioning their ability to perform tasks. Often workplace limitations have been set by doctors, physiotherapists, occupational nurses and other professionals.

Understand that what may seem like a small loss to you, can be a huge change for the injured person.

Recognise that the injured person is still a person who deserves respect.

Never allow anyone to tease, taunt or mock the injured person. Encourage others to be supportive, not judgemental. Don't pre-judge the injured person.

Tell the injured person you are sorry such an event has occurred and you would like to understand and help them.

Offer practical help

Listen carefully and do not offer unwanted sympathy or advice.