



## How Should the WCB Participate?

- 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.

## What If You Have Concerns or Questions?

If you feel that your Return to Work plan is not going well, be sure to let your healthcare provider, employer and WCB adjudicator or case manager know about your concerns.



A safer Manitoba that fosters prevention and Return to Work.

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

### How to Reach Us

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

Email us at  
[wcb@wcb.mb.ca](mailto:wcb@wcb.mb.ca)

For more information, visit  
[www.wcb.mb.ca](http://www.wcb.mb.ca)

or call us at  
**204-954-4321**

or toll free  
**1-855-954-4321**

### Report fraud and non-compliance

Call 204-888-8081 or toll free 1-844-888-8081  
Email [Compliance@wcb.mb.ca](mailto:Compliance@wcb.mb.ca)

SAFE Work is everyone's responsibility.  
Preventing injuries is good for employers and  
workers. To learn more, go to:

[safemanitoba.com](http://safemanitoba.com)

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



Return to Work for  
**BETTER  
RECOVERY**



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# Returning to Work Helps You Recover

Returning to work following 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.

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## Benefits

### A Return to Work program benefits you by:

- helping you recover more quickly and completely from your injury
- maintaining your job stability, knowledge and relationships with co-workers
- helping you stay connected and getting back on track sooner and with less uncertainty about the future
- reducing the impact to you and your family.

### How Can You Participate?

- 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.

## How Should Your Healthcare Provider Participate?

- Your healthcare provider should recommend timelines for your return to work and provide information about your capabilities.
- Timelines will indicate the earliest date for your safe return to modified tasks or hours of work.
- Your healthcare provider can also share information about your capabilities with your employer.

## How Should Your Employer Participate?

Usually, your employer organizes your 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 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 who have 25 or more full time or regular part time workers to re-employ injured workers who were in their employ for at least 12 continuous months prior to their injuries. For more information on re-employment obligations, visit [wcb.mb.ca](http://wcb.mb.ca) or call 204-954-4321 or toll free 1-855-954-4321 for a copy of the *Re-employment Obligations* brochure.