



# Hurt at Work?

## Recover While You Work!

### Why modified duties are **GOOD** for you!

1. Keep earning a wage and vacation time.
2. Stay connected to your friends and co-workers.
3. Reduce the impact an injury has on you, your family and the community.
4. Maintain job stability.

**Support your co-workers who are in a Return to Work program.**

If you ever need modified duties, know your employer and co-workers will be there to support you too!

**Did you know?**

Human Rights and WCB legislation require employers to accommodate injured workers.