



## Injured Worker Checklist

The following information will help you recover from your injury and resume your normal activities and return to work as soon as possible.

### **You and Your Doctor:**

- ✓ Give your doctor all of your workers' compensation information, including:
  - ❑ Insurance claim number
  - ❑ DWC claim number
  - ❑ Adjuster's name and telephone number
  - ❑ Information about your regular job or other work opportunities
  - ❑ Your employer's name and telephone number
- ✓ Go to all your medical appointments.
- ✓ Follow your doctor's directions carefully.
- ✓ Talk to your doctor to see if you can continue to work, even if you have some restrictions.
- ✓ Share a copy of your job description to help your doctor understand your specific work demands.
- ✓ Talk to your doctor to make sure you completely understand what you can and cannot do while you are recovering.
- ✓ Comply with the medical restrictions set by your doctor – at home and at work.

### **You and Your Employer:**

- ✓ Make sure that you have received and reviewed your Rights and Responsibilities.
- ✓ Follow all company policies and requirements associated with workers' compensation injuries.
- ✓ Be sure to keep your employer informed and up to date on your recovery and your current abilities.
- ✓ Talk to your employer about work that you could continue to do throughout recovery.
- ✓ Notify your employer immediately if your work status changes.

### **Getting Back to Work:**

By continuing to work during your recovery, your healing will likely progress more quickly and effectively than if you perform no work at all for an extended period of time. By continuing to work within your medical restrictions, you will have a much more productive mindset that can in fact help speed your recovery.

- ✓ Communicate with your employer so that you can return to productive work as soon as medically possible.
- ✓ Contact your adjuster when your work status changes to ensure that appropriate benefit payments are made.
- ✓ Help your employer determine what additional work you could take on as your condition improves.
- ✓ If work within your restrictions is not immediately available, keep checking back with your employer. As you continue to recover, the situation may change.
- ✓ Be sure to let your employer know about any concerns or problems you might have related to your health and job assignments.