



## Social Connections Toolkit

# When a worker is off work with an injury

### How can you foster social connections, help wellbeing and aid recovery?

#### Make contact within the first 48 hours

- Contact your worker in the first two days they are away. Find out how they are and wish them a safe and speedy recovery.
- **WHY?** This small gesture builds trust and can see around a 400% improvement on return to work outcomes. Social support is also associated with decreased pain.

#### Set up a 'buddy system'

- Ask your worker to identify a friendly colleague and ensure they have regular times to catch up for a phone call or coffee.
- **WHY?** Keeping injured workers positively engaged is known to increase wellbeing and hasten recovery and return to work.

#### Schedule regular contact

- Stay in contact and maintain engagement throughout their recovery process.
- **WHY?** A worker recovering from injury who feels connected to their work colleagues is more likely to want to return to work.

#### Invite them to work events

- When appropriate, encourage recovering workers to attend social events at work.

Invite them to birthday, anniversary and regular celebratory events at work.

- **WHY?** Feeling part of the team aids recovery. An injured worker who feels valued will want to return to work quicker.

#### Encourage positive self-care

- Recommend recovering workers seek social and physical wellness outside of the office. This could be exercise, creative activities or even volunteering to help their local community.
- **WHY?** Social commitments improve mood, increase wellbeing and aid recovery, speeding up return to work outcomes.

## “Did you know?”

**Making the effort to ask a recovering worker about their wellbeing and wishing them a speedy recovery (within the first 48 hours), builds trust and can see a 400% increase on return to work outcomes.**

**(400%! Amazing)**



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Connections  
Matter**

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[icare.nsw.gov.au/socialconnectionsmatter](http://icare.nsw.gov.au/socialconnectionsmatter)

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