

## Focus on what the worker can do, not what they can't and provide suitable duties

It's important all parties work together to achieve a stay at, or prompt return to work outcome. Work has been proven to be good for peoples' health and wellbeing. Together, identify suitable duties as 'doing' promotes recovery.

Below is a list of possible suitable duties. Circle or add additional identified tasks and work together to achieve a positive and sustainable stay at, or return to work outcome.

- Surface duties in workshop environment or other suitable areas
- Cleaning tools/equipment
- Cleaning light vehicles
- Driving light vehicles (deliveries, ferrying staff onsite)
- General light maintenance jobs onsite
- Admin and office duties (eg filing, responding to emails, updating manuals, reviewing procedures)
- Maintenance and audit checks of equipment
- Supervisory role or role assisting others
- Stock recording/allocation (computer or manual)
- Support role to safety department
- Crib hot seating – operate equipment during co-workers' crib breaks
- First aid inspections where certified
- Mail delivery
- Updating/refreshing training/mining certifications



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For more information on suitable duties and steps to achieve a positive stay at or prompt return to work outcome, call us on 1300 362 128 or go to [workcoverqld.com.au](http://workcoverqld.com.au).

WorkCover supports a stay at work approach to injury management as 'doing' promotes recovery.

The longer someone is off work the less likely they are to return. If someone is off work for:

- 20 days, the chance of ever getting back to work is 70 per cent
- 45 days, the chance of ever getting back to work is 50 per cent
- 70 days, the chance of ever getting back to work is 35 per cent.