



HEALTH BENEFITS OF WORK

Work is good for us



Good work = Good health



Work absence = Poor health

The experts agree

EVIDENCE:

The Australasian Faculty of Occupational and Environmental Medicine recognises the international evidence that **good work is generally good for health and wellbeing** and that long term worklessness can have a negative impact on health and wellbeing¹

EXPERIENCE:

“I spent many years out of the workforce, in darkness, in blackness. [NOW] work gives me a sense of why I get up in the mornings.”

Glenn, injured worker

Did you know

We don't have to be **100% well** to be at work

in fact ...

People are more likely to recover from ill health and injury when they are at work

However



People are not always returning to work following ill health injury



The longer that someone is off work, the more likely they are never to return

and



What starts off as temporary ill health can turn into long term disability and worklessness



Human and financial costs include:
Poor health
Financial insecurity
Social isolation
Higher premiums
Higher health and welfare costs

We can change this by

- ✓ viewing work as part of recovery
- ✓ supporting people with ill health, injury and disability to participate in work
- ✓ making reasonable adjustments
- ✓ focusing on what people can do, not what they can't do
- ✓ working together—employer, employee, GP and Comcare