

Good work is good for our mental and physical health and wellbeing.

Australian Faculty of Occupational and Environmental Medicine. Consensus statement: Realising the health benefits of work, 2011

The **quality of the job is important**—work is generally good for you provided you have a good job.

Waddell, G; Burton, AK. Is work good for your health and wellbeing? London, UK: The Stationery Office, 2006

There is extensive evidence that there are strong links between **unemployment and poorer physical and mental health and mortality**.

Waddell, G; Burton, AK. Is work good for your health and wellbeing? London, UK: The Stationery Office, 2006

The **longer** someone is off work, the **less likely they are to return to work**.

Johnson, D; Fry, T. Factors affecting return to work after Injury: A study for the WorkSafe Victoria. Melbourne: Melbourne Institute of Applied Economic and Social Research, 2002

GPs play a critical role in recovery and return to work. They are often the gatekeepers to employees returning to work via the certification practices.

Mazza, D. et al. General practitioners and sickness certification for injury in Australia. BMC family practice, August 2015

Certifying time off work, especially for a long term, significantly **increases the rates of work disability** and poor physical and mental health.

OECD, Sick on the job: .myths and realities about mental health and work, 2012

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

Waddell, G; Burton, AK. Is work good for your health and wellbeing? London, UK: The Stationery Office, 2006

Good work can help in recovery from injury and illness.

Wainright, E. Fit for purpose? Using the fit note with patients with chronic pain: A qualitative study. British journal of general practice, December 2011 61 593 e794-800

Employees are **two times more likely to return to work** if they are given **advice on how to stop the injury from happening again**.

Kosny, A.; Franche, R-L; Krause, N; Cote, P; Mustard, C. Early healthcare provider communication with patients and their workplace following a lost time claim for an occupational musculoskeletal injury. Journal of occupational rehabilitation, March 2006 16 1 27-39

Employees are **three times more likely to return to work** if they are given a **return to work date**.

Kosny, A; Franche, R-L; Krause, N; Cote, P; Mustard, C. Early healthcare provider communication with patients and their workplace following a lost time claim for an occupational musculoskeletal injury. Journal of occupational rehabilitation, March 2006 16 1 27-39

People value work, not only for their monetary benefits it brings, but also because it meets their desire to **contribute to society**. It can also give a sense of accomplishment and belonging and strengthens social lives.

Saunders, SL; Nedelec B. What work means to people with work disability: a scoping review, Journal of occupational rehabilitation, March 2014.24 1 100-10