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.


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.


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 1 100-19*