

The health benefits of work

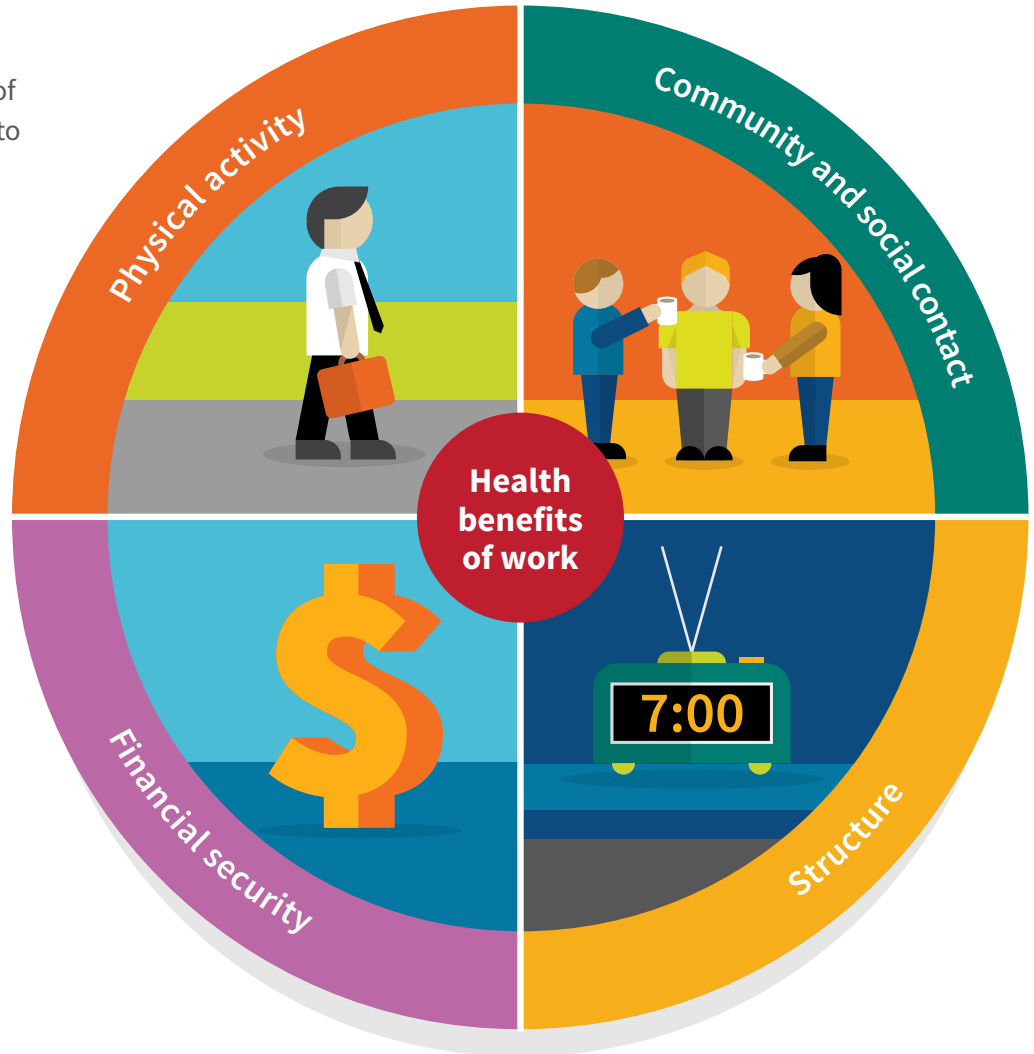
Understanding the health benefits of work can have a significant impact to health and wellbeing, and recovery following a work injury.

These benefits include physical activity, a sense of community, social contact, structure and financial security.

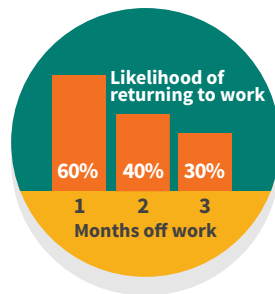
International research conducted by AFOEM* clearly identifies that “work is generally good for health and wellbeing” and “long term work absence, work disability and unemployment have a negative impact on health and well-being”.

ReturnToWorkSA can help you improve your recovery and return to work practices to create better health and wellbeing outcomes.

Contact us on 13 18 55 to find out how we can help you.



Work is generally good for a person's health and wellbeing*



The more time spent away from work, the less likely a person is to ever return**



If a person is off work for a long period of time, the health risk is equivalent to smoking 10 packs of cigarettes a day***

*Australasian Faculty of Occupational and Environmental Medicine Consensus Statement

**AFOEM Helping people return to work—using evidence for better outcomes—A position statement

***Professor Sir Mansel Aylward, Director of the Centre for Psychosocial and Disability Research and Professor of Public Health Education in the School of Medicine at Cardiff University