

EARLY WARNING SIGNS TO WATCH

Signs recovery might stall, and simple ways to respond.

These don't mean someone won't recover. They mean it's worth acting early, while things are easier to turn around.

What you might notice	What you can do
Worried that work or movement will cause harm	Reassure them the body is strong and adaptable. Ask the treating team to explain what is okay to do.
Expecting not to be back at work for a long time	Talk about what they can do now. Agree small, realistic steps back.
Low mood, poor sleep or high stress	Check in kindly. Mention your EAP and encourage a GP visit.
Not feeling supported at work	Keep in regular contact. Ask what would help.
Managing other health conditions	Encourage a GP review and a care plan to run alongside any claim.
Off work 2+ weeks with little change	Refer early for an Exercise Physiology assessment. For pain with stress or low mood, ask about Pain Pathways.

WHY EARLY MATTERS

In WA, about 95% of workers off for under 60 days returned to work. After 180+ days off, it was about 2 in 3.

WorkCover WA Long Duration Claims Report
2024/25

NEED HELP NOW?

Unsure about a claim: WorkCover WA's advisory service. Someone at risk of harm: call 000 or Lifeline on 13 11 14.