

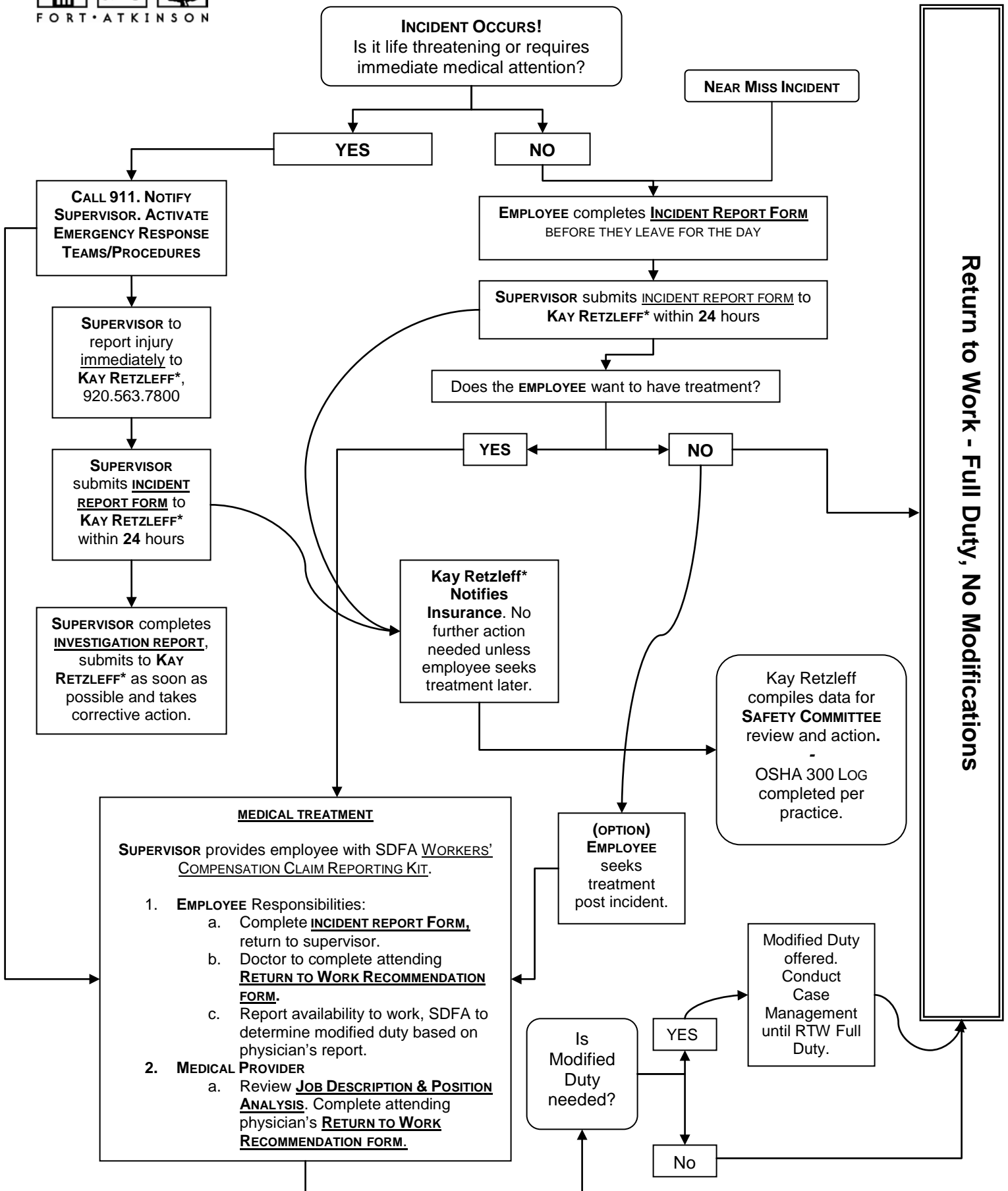
## WORKERS COMPENSATION PACKET

### BUILDING/DEPARTMENT ADMINISTRATOR OR SECRETARY:

Attached you will find the following items as listed in the order below. The list below also outlines who each item is intended for and what the intended use is. Please feel free to contact Kay Retzleff in the Business Office (ext. 7800) with any questions you may have.

- | <u>ITEM</u>   | <u>INTENDED PARTY</u>  |
|---|--|
| <p><b>1. Workers Compensation Flow Chart</b></p> <p>This flow chart is to outline the process to be followed from the point of an injury or near miss all the way through the employee returning back to their full duty without any modifications. This flow chart can be shared with anyone as it is meant to be an informative diagram so everyone is on the same page throughout the process.</p>   | <p><b>Building/Department Administrator or Secretary</b></p>           |
| <p><b>2. Employee Incident Report Form</b></p> <p>The form is to be completed by the employee and submitted to their immediate supervisor for review and signature. The immediate supervisor must then submit the signed form to Kay Retzleff in the Business Office (Jason Demerath if Kay is not available) <i>on the same day as the incident</i>. It is imperative that this form be completed and sent to the Business Office on the same day as state law mandates that workplace accidents be reported to the insurance company within 2 days of the incident occurring. If the employee is incapacitated by the injury and not able to complete the form, the employee's immediate supervisor must complete the form to the best of their ability and immediately report the incident to the Business Office.</p> | <p><b>Injured Employee</b></p>   |
| <p><b>3. Express Scripts Form</b></p> <p>The second section of this form is to be completed by the injured employee's immediate supervisor on the same day as the incident and given to the injured employee in case an expedited prescription is needed. The injured employee would then give this completed form to any approved pharmacy to expedite the processing of approved workers compensation prescriptions.</p>  | <p><b>Building/Department Administrator &amp; Injured Employee</b></p> |
| <p><b>4. Supervisor Investigation of Incident Form</b></p> <p>This form is to be completed by the injured employee's immediate supervisor on the same day as the incident and submitted to Kay Retzleff in the Business Office.</p>   | <p><b>Building/Department Administrator</b></p>                        |
| <p><b>5. Medical Cover Letter</b></p> <p>This letter is to be sent with the injured employee when they seek treatment for their injury and given to the medical provider.</p>   | <p><b>Attending Physician</b></p>                                      |
| <p><b>6. Fax Cover Sheet</b></p> <p>This fax cover sheet is to be sent with the injured employee when they seek treatment for their injury and given to the medical provider.</p>   | <p><b>Attending Physician</b></p>                                      |
| <p><b>7. Return to Work Recommendation Form</b></p> <p>This form is to be sent with the injured employee when they seek treatment for their injury and given to the medical provider.</p>   | <p><b>Attending Physician</b></p>                                      |
| <p><b>8. Return to Work Program &amp; Verifications</b></p> <p>This form is to be given to the injured employee and they need to complete it and follow up with Kay Retzleff in the Business Office after seeing a physician. It outlines for all involved the physician's restrictions so proper light duty can be assigned.</p>   | <p><b>Injured Employee</b></p>   |

## WORKERS COMPENSATION FLOW CHART



\*If Kay Retzleff is not available, please submit to Jason Demerath

SCHOOL DISTRICT OF



FORT • ATKINSON

**EMPLOYEE INCIDENT REPORT FORM**

Report any incident that resulted or could have resulted in you being injured at work immediately (same day as incident) to your supervisor or designee. This information will be used to complete several required reports.

CHECK ONE (see reverse side for explanations):  INJURY  ERGONOMIC  ALLERGY/SENSITIVITY  NEAR MISS  OTHER

EMPLOYEE INVOLVED (LAST, FIRST, M.I.)		DATE OF BIRTH	DATE OF HIRE	DATE OF INCIDENT	EXACT TIME OF INCIDENT	LOCATION OF INCIDENT
EMPLOYEE HOME ADDRESS (Street Address, City, State, Zip)			<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE	WORK PHONE	JOB TITLE	WORK HOURS
EMPLOYEE HOME PHONE NUMBER (with area code)	SOCIAL SECURITY NUMBER					
INDICATE THE NAME AND TITLE OF THE INDIVIDUAL TO WHICH YOU REPORTED THE INJURY				DATE INJURY WAS REPORTED		

DESCRIBE IN DETAIL WHAT HAPPENED, DESCRIPTION AND CONDITION OF MATERIAL OR EQUIPMENT INVOLVED, WITNESSES (IF ANY), <u>FACTS – NOT OPINIONS</u> Continue on reverse side if necessary.	BODY PART INJURED (Be Specific): TOE: _____ (which one)    FOOT: __ RIGHT __ LEFT ANKLE: __ RIGHT __ LEFT    LEG: __ RIGHT __ LEFT KNEE: __ RIGHT __ LEFT    THIGH: __ RIGHT __ LEFT ABDOMEN: _____    CHEST: _____ BACK: _____    NECK: _____ HEAD: _____    NOSE: _____ TEETH: _____    EAR: __ RIGHT __ LEFT EYE: __ RIGHT __ LEFT    ARM: __ RIGHT __ LEFT WRIST: __ RIGHT __ LEFT    HAND: __ RIGHT __ LEFT THUMB: __ RIGHT __ LEFT    FINGER: _____ (which one) OTHER:
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INJURY DESCRIPTION (State exactly the nature of any injury or illness)

YOUR OPINION OR SUGGESTIONS TO AVOID RECURRENCE

**MEDICAL TREATMENT INFORMATION**

(WORKERS COMPENSATION CLAIM REPORTING KIT RECEIVED )

WILL YOU SEEK MEDICAL TREATMENT?  YES  NO  UNKNOWN AT THIS TIME

PHYSICIAN'S NAME	PHYSICIAN'S CLINIC
PHYSICIAN'S ADDRESS	PHYSICIAN'S PHONE

To my knowledge I hereby certify that the above is true and correct. I consent to the release of all medical records that relate to this incident report.

EMPLOYEE SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
**\*\*SUBMIT THIS FORM TO YOUR IMMEDIATE SUPERVISOR (OR DESIGNEE) THE SAME DAY AS THE INCIDENT\*\***

SUPERVISOR SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
**\*\*SUBMIT THIS FORM TO KAY RETZLEFF (KRETZLEFF@FORTSCHOOLS.ORG) THE SAME DAY AS THE INCIDENT\*\***

## EXPLANATIONS FOR TYPE OF REPORT

- **INJURY** – Check this box if an actual physical wound (cut, scrape, broken arm, etc.) has occurred to the employee.
- **ERGONOMIC** – An ergonomic injury is one that is caused as a result of an improper ‘fit’ of an employee with their working environment/equipment. An example of this would be back pain as a result of an unsupportive desk chair.
- **ALLERGY/SENSITIVITY** – Check this box if the employee experienced an allergic reaction or has noticed a heightened sensitivity to a certain environmental influence. An example of this would be if a custodian broke out in a rash as a result of a certain chemical touching the skin.
- **NEAR MISS** – Check this box if no physical/ergonomic injury or allergic reaction actually occurred, but rather if a dangerous situation has been encountered that could pose a threat of an injury to an employee of the District. This will allow the proper precautionary steps to be taken to resolve the situation and prevent a possible future injury. It will also allow the District to gather data on the areas of highest risk even if an injury or accident has not yet occurred.
- **OTHER** – Check this box if none of the other four categories applies.

## Workers' Compensation Temporary Prescription Services ID Important Information

### ATTENTION: INJURED WORKER

**This Workers' Compensation Temporary Prescription Services ID form MUST BE PRESENTED to your pharmacist when you fill your initial prescription(s). If you have questions or need to locate a participating pharmacy, please contact Express Scripts Customer Service at 1-877-568-5522.**

### ATENCIÓN: TRABAJADOR LESIONADO

**Este formulario de Identificación para Servicios Temporales de Prescripción de Recetas por Compensación del Trabajador DEBERÁ SER PRESENTADO a su farmacéutico al surtir su(s) receta(s) inicial(es). Si tiene cualquier duda o necesita localizar una farmacia participante, por favor contacte al área de Atención a Clientes de Express Scripts, en el teléfono 1-877-568-5522.**

NOTE: Due to regulations concerning liability, do not issue this Temporary Prescription Services ID form to employer locations/ employees located in the following state: Ohio. The injured employee will receive a permanent prescription card and pharmacy benefit packet from Express Scripts, Inc. once the claim is deemed compensable by SFM Mutual Insurance Company.

<p><b>Attention Supervisor:</b> 9 digit ID number, pre-printed group number and date of birth must be completed.</p> <p><b>ID #</b>                    _ _ _ / _ _ / _ _ _ _                                   Social Security Number</p> <p><b>DATE OF INJURY</b>   _ _ / _ _ / _ _ _ _                                   MM/DD/ CCYY</p> <p><b>GROUP #</b>               <b>TFUNDMN</b></p> <p><b>EMPLOYEE DATE OF BIRTH</b>   _ _ / _ _ / _ _ _ _</p>	<p><b>EMPLOYEE NAME</b></p> <hr/> <p><b>FIRST</b>                   <b>MI</b>                   <b>LAST</b></p> <hr/> <p><b>MAILING ADDRESS STREET</b></p> <hr/> <p><b>CITY</b>                                   <b>STATE</b>                   <b>ZIP</b></p> <p><b>EMPLOYER'S NAME</b></p> <hr/> <p><b>DIVISION OR DEPARTMENT</b></p> <hr/> <p><i>Help Desk:</i> This is a POS program through Express Scripts only. For assistance call the Express Scripts Help Desk at 1-877-568-5522</p>
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### Attention Pharmacist:

SFM's prescription program is administered by Express Scripts. The following are the steps necessary to submit a prescription for the work-related injury.

**Please follow the action steps listed below to enter the claim. Be sure you are using NCPDP version 3.2 allowing for faster service.**

Step 1	Enter Bin Number 003858
Step 2	Enter Processor Control A4
Step 3	Enter the Group Number as it appears above
Step 4	Enter the injured worker's 9 digit ID (SSN)
Step 5	Enter first name & last name
Step 6	Enter the injured worker's date of injury in the PA field in the format CCYYMMDD

**NEED ASSISTANCE?**               **Pharmacist,** if you have any questions while processing the claim, please call the Express Scripts Help Desk at **1-877-568-5522.**

SCHOOL DISTRICT OF



FORT • ATKINSON

**SUPERVISOR INVESTIGATION OF INCIDENT**

*Supervisor or designee: Complete your investigation **the same day as the incident** and deliver to Business Services, Kay Retzleff.*

EMPLOYEE INVOLVED (LAST, FIRST, M.I.)		JOB TITLE	DATE OF INCIDENT	EXACT TIME OF INCIDENT	LOCATION OF INCIDENT
DATE INCIDENT REPORTED	INTERVIEWED INJURED EMPLOYEE <input type="checkbox"/> YES <input type="checkbox"/> NO		INTERVIEWED BY		DATE OF INTERVIEW
EXAMINED ACCIDENT SCENE <input type="checkbox"/> YES <input type="checkbox"/> NO			EXAMINED BY		DATE OF EXAMINATION
WITNESS INTERVIEWED			INTERVIEWED BY		DATE OF INTERVIEW
WITNESS INTERVIEWED			INTERVIEWED BY		DATE OF INTERVIEW
WITNESS INTERVIEWED			INTERVIEWED BY		DATE OF INTERVIEW
<p>WHAT HAPPENED TO CAUSE THIS INJURY OR ILLNESS? Describe employee's activities when injury or illness occurred with details of how event or exposure occurred (include name(s) of other individuals involved, tools, machinery, objects, vapors, chemicals, radiation, unnatural motions of employee, etc.). Also, specify the item(s) which directly injured the employee and caused the accident or disease. Continue on reverse side if necessary.</p>					
<p>WHAT SHOULD BE DONE TO PREVENT RECURRENCE (Your opinion please)</p>					
WHAT HAVE YOU DONE THUS FAR TO PREVENT RECURRENCE				DATE OF CORRECTIVE ACTION	
<p>PLEASE ANSWER THE FOLLOWING QUESTIONS BY CIRCLING "YES" OR "NO"; INDICATE "N/A" IF THE QUESTION DOES NOT APPLY. PROVIDE AN EXPLANATION ON THE REVERSE SIDE OF THIS FORM IF YOU CIRCLE AN ANSWER THAT IS STARRED (*):</p>					
1. WAS THE INJURED EMPLOYEE PROPERLY INSTRUCTED IN SAFE AND EFFICIENT METHODS?			YES	NO*	N/A
2. DID THE EMPLOYEE VIOLATE ANY INSTRUCTIONS, POLICIES OR PROCEDURES?			YES*	NO	N/A
3. WAS THE NECESSARY PROTECTIVE EQUIPMENT WORN? (GOGGLES, SAFETY HARNESS, HARD HAT, ETC.)			YES	NO*	N/A
4. DID ENVIRONMENTAL CONDITIONS CONTRIBUTE TO THE ACCIDENT? (WET FLOOR, POOR SNOW REMOVAL, ETC.)			YES*	NO	N/A
5. WAS THE ACCIDENT CAUSED BY SOMETHING WHICH NEEDED REPAIR?			YES*	NO	N/A
6. WAS THE ACCIDENT CAUSED BY AN UNSAFE ACT OR BEHAVIOR?			YES*	NO	N/A
<p>DID INJURY OCCUR IN COURSE OF WORKER'S EMPLOYMENT? <input type="checkbox"/> YES <input type="checkbox"/> NO</p>					
<p>DID INJURY CAUSE THE EMPLOYEE TO LOSE TIME FROM WORK? <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> NOT AT THIS TIME</p> <p>IF YES, LAST DAY WORKED: _____ DATE RETURNED TO WORK: _____ ESTIMATED RETURN DATE: _____</p>					
<b>PERSON MAKING THIS REPORT</b>					
NAME		TITLE			DATE
BUILDING / DEPARTMENT				PRINCIPAL / SUPERVISOR'S PHONE	
<p>PRINCIPAL / SUPERVISOR SIGNATURE: _____ DATE: _____</p> <p style="text-align: center;">**SUBMIT THIS FORM TO KAY RETZLEFF (KRETZLEFF@FORTSCHOOLS.ORG) <b>THE SAME DAY AS THE INCIDENT**</b></p> <p style="text-align: center;">(PLEASE ATTACH PHYSICIAN'S RETURN TO WORK REPORT IF AVAILABLE)</p>					
SAFETY COMMITTEE REVIEW					





Office of Business Services  
201 Park Street  
FORT ATKINSON, WI 53538  
P: 920.563.7800  
F: 920.563.7809  
WWW.FORTSCHOOLS.ORG

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## MEDICAL COVER LETTER

### MEDICAL PROVIDER:

The School District of Fort Atkinson is committed to preventing workplace injuries, controlling injuries that do occur, and providing alternative duties after an injury. We offer many types of alternative work and/or transitional work, which allow the injured employee to work within their medical restriction.

- Please complete the enclosed medical report to list any applicable medical restrictions.
- Please complete this form and fax a copy to our office using the fax cover page on the back of this letter.
- Please also give a copy of this completed form to the employee.

### PLEASE SUBMIT BILLS & CORRESPONDING RECORDS TO OUR INSURANCE COMPANY:

SFM  
Policy #WC 57430  
PO Box 9416  
Minneapolis, MN 55440-9416  
Phone: 800-937-1181  
Fax: 800-944-1169 or 952-838-2000  
[www.sfmic.com](http://www.sfmic.com)

### EMPLOYER CONTACT:

Kay Retzleff  
School District of Fort Atkinson  
201 Park Street  
Fort Atkinson, WI 53538-2155  
Phone: 920-563-7800  
Fax: 920-563-7809  
Email: [kretzleff@fortschools.org](mailto:kretzleff@fortschools.org)





BUSINESS SERVICES  
201 PARK STREET  
FORT ATKINSON, WI 53538  
P: 920.563.7800  
F: 920.563.7809  
WWW.FORTSCHOOLS.ORG

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## FACSIMILE TRANSMISSION

**To:** KAY RETZLEFF

**Company:** SCHOOL DISTRICT OF FORT ATKINSON

**Fax Number:** 920.563.7809

**Phone Number:** 920.563.7800

**Re:** MEDICAL REPORT FOR WORKERS COMPENSATION CLAIM

**From:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**# of Pages (Including Cover Sheet):** \_\_\_\_\_

**Comments:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If there is a problem with this transmission, please call the person listed above at 920.563.7800.

Confidentiality Notice: Any documents accompanying this transmission may contain information that is confidential and/or privileged information. This information is intended only for the use of the individual or entity named above. If you are not the intended recipient, be aware that any disclosure, copying, distribution or use of the contents of this information is prohibited and may constitute an invasion of privacy of the intended recipient and/or the subject of these documents. If you have received this transmission in error please call the person listed above at 920.563.7800.

# WORK ABILITY and RETURN-TO-WORK

Download at [sfmic.com](http://sfmic.com)

Send itemized medical billings and records to:  
 CorVel Corporation, MedCheck  
 3001 NE Broadway Street, Suite 620  
 Minneapolis, MN 55413

Send this completed form with the employee.

EMPLOYEE	DATE OF BIRTH
EMPLOYER	DATE OF INJURY/ILLNESS

DIAGNOSIS	ICD-9 CODE
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**History and findings:**

Work related injury/illness?  No  Yes  To be determined  
 Any pre-existing conditions affecting this injury/illness?  No  Yes, description:  
 Permanent partial disability?  No  Yes, \_\_\_\_\_ %  
 Maximum Medical Improvement reached?  No  Yes, date reached \_\_\_\_\_

**RETURN TO WORK**

Return to work with **no limitations** on \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
MO DAY YR

Return to work **with limitations** on \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ through \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
MO DAY YR MO DAY YR  
 \_\_\_\_\_ has light-duty work available. Please call \_\_\_\_\_ at ( \_\_\_\_\_ ) \_\_\_\_\_ if you plan to take this employee off work.

Unable to work from \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ through \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
MO DAY YR MO DAY YR

**EMPLOYEE'S CAPABILITIES**

BODY PART AFFECTED:  Neck  Upper back  Lower back  Shoulder  Elbow  Wrist  Hand  Leg  Knee  Ankle  Foot  
 Other \_\_\_\_\_

SIDE AFFECTED:  Left  Right  Both

	Not at all	Rare	Occa-sional 0-33%	Fre-quent 34-66%	Contin-uous 67-100%	Hand, wrist and shoulder activities					Comments	
						Not at all	Rare	Occa-sional 0-33%	Fre-quent 34-66%	Contin-uous 67-100%		
<b>Lift/Carry</b>						Avoid prolonged, repetitive or forceful:						
0-9 lbs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Gripping/grasping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10-19 lbs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Repetitive wrist motion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
20-29 lbs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Reaching:						
30-39 lbs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Above shoulder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
40-49 lbs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	At shoulder height	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
No lift from floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Below shoulder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Push/Pull without resistance</b>						Restrictions (circle):						
0-19 lbs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Keyboarding (hrs/shift)	0	1-2	3-4	5-6	7	
20-40 lbs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Writing (hrs/shift)	0	1-2	3-4	5-6	7	
> 40 lbs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Total spread out evenly over shift at _____ intervals						
Bend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Change positions every						
Twist/turn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> As needed						
Kneel/squat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Half hour						
Sit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> One hour						
Stand/walk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Two hours						
Ladder/stair climb	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Worksite stretches, i.e., per handout						
						<input type="checkbox"/> Exercises <input type="checkbox"/> Other _____						

**INSTRUCTIONS**

Keep wound clean and dry. Change dressing every \_\_\_\_\_  
 Medication \_\_\_\_\_  
 Ice \_\_\_\_\_ min. \_\_\_\_\_  Heat \_\_\_\_\_ min. \_\_\_\_\_  
 Splint/brace \_\_\_\_\_  
 Referral \_\_\_\_\_

Follow-up appointment scheduled for \_\_\_\_\_

**THIS TREATMENT HAS BEEN DISCUSSED WITH THE EMPLOYEE**

HEALTH CARE PROVIDER SIGNATURE	LICENSE / REGIS.#	DATE OF EXAM
HEALTH CARE PROVIDER SIGNATURE		



**RETURN TO WORK PROGRAM & VERIFICATIONS**

**EMPLOYEE NAME:** \_\_\_\_\_

**RETURN TO WORK COORDINATOR**

Kay Retzleff  
Business Services  
201 Park Street  
Fort Atkinson, WI 53538  
Phone: 920.563.7800  
Fax: 920.563.7809  
Email: kretzleff@fortschools.org

**EMPLOYEE RESPONSIBILITIES**

- Immediately return a copy of the *Physician's Return to Work Recommendations* to the Return to Work Coordinator
- Inform Return to Work Coordinator of your normal work hours, days and location

Normal Work Location(s): \_\_\_\_\_

Normal Work Days:      Sun      Mon      Tues      Wed      Thurs      Fri      Sat

Normal Work Hours: \_\_\_\_\_

- Immediately return a copy of any future paperwork associated with this claim to the Return to Work Coordinator

**CURRENT RESTRICTIONS PER PHYSICIAN'S RETURN TO WORK RECOMMENDATION FORM**

EMPLOYEE IS ON RESTRICTED DUTY UNTIL: \_\_\_\_\_

***I hereby acknowledge the above work restrictions as recommended by the attending physician and agree to adhere to these restrictions until the physician has made a change to the above restrictions. I understand that if I do not adhere to these restrictions it may jeopardize my ability to continue to collect my workers compensation benefits.***

EMPLOYEE'S SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

Return to Work Coordinator – Please immediately give a copy of the front and back of this sheet to the following individuals. Please also inform these individuals of when the employee is expected to begin performing their duties under these restrictions:

- Employee's Supervisor
- Building Secretary
- Employee

## POSSIBLE RETURN TO WORK ASSIGNMENTS

Consideration should not only be given to the work restrictions outlined by the medical provider, but for the employee's abilities as well. Working to achieve a match between an individual's capabilities and appropriate transitional work task is instrumental in creating a successful Return to Work experience. Here is a list of possible duties, not meant to be all inclusive:

- Answer phones
- Assist in library
- Blowing tire chips back into containment areas
- Catalog and index books
- Check and repair safety equipment
- Check children in and out of school
- Check homework
- Cleaning walls
- Collect attendance slips
- Conduct safety inspections
- Correct papers
- Decorate bulletin boards
- Dusting coat hooks
- Dust library
- Ensure visitors sign in and out
- Folding lost and found
- Greet families and guests
- Help coordinate volunteers
- Inventory
- Monitor hallways, cafeteria, buses
- Moving tire chips to keep seems covered
- Organize and update files/cabinets
- Orient new-hires
- Painting
- Patrol parking lots
- Print and assemble materials, direct mail
- Problem solving which clocks need to be replaced and repaired and coordinate their repair
- Removing black heel marks off the floor
- Send or deliver mail or messages
- Serve snacks and meals
- Shred outdated, confidential materials/paper
- Stock supplies
- Supervising/cleaning in the lunchroom
- Supervising on the playground
- Tutor, assist in classroom, study hall
- Update manuals
- Wash windows, sinks, bubblers
- Working clerical for teachers (cutting, stapling, binding, copying)

The following is a sample of a work day schedule for an employee on restricted duty:

- 7:30 AM to 8:00 AM – Traffic Safety in Drive Through (As needed after established)
- 8:00 AM -9:45 AM See List
- 9:45 to 10:15 AM Supervise Playground
- 10:15 to 11:10 AM See List
- 11:10 AM to 11:20 AM Supervise in the Lunchroom
- 11:20 AM to 12:15 PM Supervise on the Playground
- 12:15 PM to 12:45 PM See List
- 12:45 to 1:15 PM Lunch
- 1:15 PM to 2:00 PM Supervise on the Playground
- 2:00 PM to 2:45 PM See List
- 2:45 PM to 3:15 PM Traffic Safety
- 3:15 PM to 4:00 PM See List