

# Workplace Injury Management Training

Workplaces have a critical opportunity to influence the return-to-work journey immediately following an injury. This influence ranges from the manager's initial response to the psychological safety the worker feels through consistent messaging during their rehabilitation.

To maximise this opportunity, Work Healthy Australia developed the **Workplace Injury Management Training**. This practical, evidence-informed program is designed to help supervisors, team leaders, and key workplace contacts better understand pain and how to respond effectively to workers experiencing pain.

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## Why does Workplace Injury Management Training matter?

- ✓ Improve supervisors capability to communicate effectively with injured workers
- ✓ Prevent Secondary Psychological Claims through early identification of risk factors
- ✓ Improve return to work rates through supportive first-contact interactions
- ✓ Build workplace psychological safety through consistent messaging
- ✓ Aligns evidence-based pain science education within a workplace dialogue

Benefits for Participants:	Benefits for Employers:
Improved understanding of why people experience pain differently	Contribute to workplace's psychological safety through consistent messaging
Improved dialogue for communicating with workers	Support and encourage leaders to identify psychosocial hazards early
A framework to guide difficult conversations	Reduce risk of secondary psychological claims
	Improve RTW rates

## The training includes:

**30 minute self-directed online learning:** Bite-sized content exploring modern pain science in plain English. Explores how pain can impact work, and introduces practical tools to implement in the workplace.

**2 hour interactive workshop (online or in-person):** Facilitated by experienced clinicians, with real-world examples and strategies. Builds skills in communicating with and supporting workers in pain.

**Tools and resources:** Easy-to-use communication tips, checklists and support resources.