

# Texas Department of Insurance Division of Workers' Compensation

## Return-to-Work Assistance Information for Injured Employees

The following resources may aid you in returning to work or finding appropriate work.

### Texas Department of Insurance, Division of Workers' Compensation (TDI-DWC)

For assistance with your claim, contact your local TDI-DWC field office by calling 800-252-7031. For general information about workers' compensation in Texas, visit the injured employee resource page on the TDI-DWC website at <http://www.tdi.texas.gov/wc/employee/index.html>

### Return-to-Work Reimbursement Program

Your employer may be eligible for reimbursement of funds to pay for a workplace modification that will allow you to stay at or return to work. Talk to your employer and adjuster about this TDI-DWC program. Visit [www.tdi.texas.gov/wc/rtw](http://www.tdi.texas.gov/wc/rtw) for more information.

### Texas Workforce Commission (TWC)

The TWC has workforce centers throughout the state that offer a variety of services at no cost, to assist you in returning to work. Contact your local Texas Workforce Center or visit [www.workintexas.com](http://www.workintexas.com) for more information about these and other programs including: training, career & job search tools, child care to qualified families, and employment assistance.

### Texas Workforce Commission-Vocational Rehabilitation Division (TWC-VRD)

The TWC-VRD assists people who are having difficulty keeping or finding a job due to an on-the-job injury, illness or other disability. If eligible, you will be offered personalized services to assist you in returning to work. Based on the evaluation of your workers' compensation claim information a representative may contact you or you may call directly at 800-628-5115 if you are interested in these services.

### Workplace Safety Tips

General safety tips to help you stay safe at work.

- Make sure your work area is clean and uncluttered.
- Use all safety equipment provided by your employer.
- Keep work areas well lit.
- Keep your tools in good working order.
- Ensure machine guards are in place.
- Be cautious when carrying objects, bending, lifting, twisting, etc.
- Keep one hand on handrails when climbing and descending stairs.
- Be aware of your surroundings and any dangers that might be there or that might develop.
- Use your seat belt when driving.
- Do not use cell phones while driving. Pull safely to the side of the road to make or answer calls.
- If your job involves travel, set a realistic goal for the number of miles that you can drive safely each day.
- If you are taking any medication that may affect your ability to perform any work-related tasks, notify your supervisor.
- In hot weather stay hydrated; in cold weather dress in layers to stay warm.
- Use appropriate shelter during inclement weather.
- Inform your supervisor of any unsafe conditions or procedures.

### Other Safety Resources

You can report hazardous working conditions to the TDI-DWC Safety Violations Hotline by calling toll-free 800-452-9595. Calls are taken in English and Spanish. If you wish to remain anonymous, you may do so.

To learn more about safe work practices, you can download free safety training materials from the TDI-DWC website at <http://www.tdi.texas.gov/wc/safety/index.html> or check out free safety training DVDs from our library. Your employer may also improve safety in the workplace with these and other TDI-DWC resources such as: free help understanding Occupational Safety and Health Administration (OSHA) safety laws, and safety training classes. You or your employer can call TDI-DWC at 800-252-7031, option 2 for more information about safety resources.