Returning to Work

You may be able to return to your usual work and working pattern immediately after your illness. Alternatively, you might be advised that you are able to have a gradual return or that you require adjustments. In this case, please speak with your manager.

You may be asked to provide a Statement of Fitness for Work (a fit note) or Return to Work plan given by your doctor or medical advisor.

If you have been off work for more than five days you meet with your manager and complete a return-to-work form, who will:

- Check you are fully recovered
- Ask if you need any support or adjustments to your working pattern
- Update you on anything you missed while you were away