

Return to Work Plan Example 9: Volunteer Ambulance Driver

<p>Goals of the Return to Work Plan What do you want to be able to do? e.g. To return to work in my job as a full-time primary school teacher by 8 weeks after my hip replacement</p>	<p>NOTES: I work voluntarily but would like to return as soon as I can drive again which I've been told is six weeks after my surgery. I drive ambulances taking people to and from the various health facilities.</p>
<p>Planned date of return to work (REFER TO STEP 2)</p>	<p>NOTES As soon as I am given the go ahead. I would imagine 6-8 weeks after my op</p>
<p>What difficulties will I face returning to work? – List the things that most concern you about your return to work (REFER TO STEP 1)</p>	<p>NOTES: I do not envisage any problems myself as the vehicle I drive is automatic. I do have to pass an assessment though so it is really up to the ambulance instructor</p>
<p>How might I overcome these difficulties? – List any ideas plans you might have to overcome these problems. This might include adjustments to your working arrangements, job role, equipment or environment.</p>	<p>NOTES: I intend to practice my driving and particularly my emergency stops from 6 weeks after surgery in order to get the best possible result at my assessment.</p>
<p>Who will review my progress and how/when will this take place? - Name and contact details of those who will oversee your return to work process</p>	<p>NOTES: My return to my voluntary driving job is being overseen by the NHS occupational health department.</p>
<p>When do I need to contact them? – Any changes will need to be agreed with your 'employer' and your colleagues in advance of your return to work. It is useful to give them as much notice as possible (SEE STEP 5)</p>	<p>NOTES: I will contact them when I feel ready and they will arrange the assessments I need to go back</p>
<p>Who will oversee my return to work and how will they review my progress? – Set a date for a review meeting after surgery for you to meet your 'employer' and discuss your progress.</p>	<p>NOTES: Because I work voluntarily my return to work will be overseen by myself and I will need to make the necessary appointments for assessments and driving tests. Once I have made the initial appointment the occupational health department will oversee my return to my previous driving role.</p>