






STAY SAFE AT WORK, STAY STRONG AT HOME

An injury at work doesn't just impact your job—it affects your home life, too. How so?

-  **EMOTIONAL DISTRESS**
Your family may experience stress, worry, and frustration as they support you through recovery. Children may feel anxious or scared seeing a parent injured and struggling.
-  **FINANCIAL STRAIN**
Lost wages can make it difficult to cover bills and everyday expenses contributing to overall stress and worry.
-  **SHIFTING FAMILY ROLES**
Your loved ones may have to take on extra responsibilities at home, adding pressure to their daily lives. These changing roles can create tension and strain on relationships.

Access resources
and information



THE HIDDEN IMPACT: Mental Health Matters

Taking care of your mental well-being is just as important as physical recovery.

Your safety at work helps keep your home life stable and strong. Let's work together to protect what matters most!





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