

THE PAIRATAHI TRUST

Confidential – Injury Management Form

Letter to Medical Professional

Dear Dr _____

Date: ____/____/____

Mr/Mrs/Ms/Miss: _____

has suffered a work related accident.

This person is employed as a _____ and the physical requirements of their usual work task are:

For help please discuss this case with the [support person](#) accompanying the injured or Glen Subritzky – Mob 0274 492022

Medical Professional – to complete and indicate any restrictions:

_____ (the injured) is fit and capable of performing selected duties with the following limitations: YES/NO

Reduced work hours: Hours per day _____ days per week _____

Increasing to: Hours per day _____ days per week _____

After: _____ weeks

The injured employee to be restricted to the following activities:

- ☐ Visual / learning / training / inspection talks only
- ☐ A job that does not involve manual handling
- ☐ Lifting weights of not more than _____ kg (circle) 2-5kg, 5-10kg, 10-15kg
- ☐ Work not involving repetitive bending
- ☐ Work not involving the (circle) right, left, hand, arm, shoulder, leg
- ☐ Light bench work or sitting position only
- ☐ **NB:** Alternative duties as noted on the reverse are available

_____ (the injured) will be reassessed on ____/____/____

_____ (the injured) has been referred to: Specialist /Physiotherapist

GP/Specialist signature: _____ Date: ____/____/____

Alternative Duties Available

There are two Categories of Light Duties:

- a. Mobile (minor injury) but unable to perform usual duties
- b. Immobile (e.g. leg injury) but able and well enough to undertake limited duties or learning

Category A – Mobile but unable to perform usual duties:

- ☐ Assistant Log maker – walking in processing area, holding measuring tape
- ☐ Log Branding – walking, using spray paint and stencil to mark log ends
- ☐ Log Quality Control – walking in processing area, visual check of logs
- ☐ Crew Safety Checks / Review crew safety procedures
- ☐ Vehicle / Machine Maintenance and Cleaning
- ☐ Scrub Crushing – sitting on machine, using controls
- ☐ Office work
- ☐ Stop Go Sign Road Control – standing with signage, directing traffic
- ☐ Observer for Fallers – walking and writing

Category B – Immobile but able and well enough to undertake limited duties e.g. on site training or distance learning:

- ☐ Safe Behavioural Observations
- ☐ Updating Hazard ID & Systems
- ☐ Updating training records
- ☐ Scheduled training
- ☐ Distance learning (available through FITEC)
 - ☐ Unit 4300 – Key issues in forestry production management
 - ☐ Unit 4287/4299 – Employment issues in forestry
 - ☐ Unit 4294 – Procedures for costing forestry activities
 - ☐ Unit 1146/15189 – Health and Safety
 - ☐ Unit 16614 – Apply time management concepts and methods
 - ☐ Unit 1312 – Give oral instructions in the work place
 - ☐ Unit 9681 – Participate in teams to make decisions
 - ☐ Unit 9679 – Participate in formal meetings
 - ☐ Study theory elements of DKO Units using Best Practice Guidelines
- ☐ Office Work
 - ☐ Unit 6941 – DKO Forest mechanized harvesting
 - ☐ Unit 1227 – DKO Plantation forest harvesting
 - ☐ Unit 6950 – DKO Thinning plantation trees
 - ☐ Unit 1252 – DKO Log making