

Return to work achievement (small to medium) – Paul Reeves

Vehicle body builder, Paul Reeves, was frustrated he could no longer perform simple tasks like getting dressed, tying his shoe laces, or doing up buttons following a workplace injury. This was all the motivation he needed to work towards a full recovery and return to work just four weeks after his injury occurred.

Paul's injury happened when he was using a grinder and the blade slipped severing the main artery in his wrist.

After the surgery on his severed artery, Paul fell into depression. He was his family's main breadwinner and he worried about how they would cope financially. They had just bought a new home and he had planned renovations. He also worried how long he would take to recover, if at all.

His family and friends were there to support and encourage him, telling him to stop moping about. And it was with the help of his family, friends and workplace, and his own positive thinking that he overcame the depression and gained a fresh determination to get back to normal life.

Paul's employer, Aldom Motor Body Builders, worked with him, his doctors and rehabilitation consultant to find alternate duties and tasks to keep him busy.

Completing small tasks made him even more determined to get back to a normal life and to what he perceived to be meaningful tasks. He set weekly goals to achieve, including performing certain parts of his pre-injury job. This helped him to recover at a quicker pace.

So determined was he to resume his normal life that his gradual efforts saw him move from a partial return to work, to a full return in just over four months.

Aldom's management worked in collaboration with Paul. They found him duties within his current capabilities and believed in his return to normality.

Production Manager John Attwood says "Paul has been an inspiration to us all and his positive attitude has reinforced our commitment to workplace health and safety."

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