FLAG IT
Injury Management

RED FLAGS

Biological Factors:
- Serious pathology
- Other serious medical conditions
- Failure of treatment

ORANGE FLAGS

Mental Health Factors:
- Mental health disorders
- Personality disorders

YELLOW FLAGS

Psychological Factors:
- Unhelpful beliefs about injury
- Poor coping strategies
- Passive role in recovery

BLUE FLAGS

Social Factors:
- Low social support
- Unpleasant work
- Low job satisfaction
- Excessive work demands
- Non-English speaking
- Sense of injustice
- Problems outside of work

BLACK FLAGS

Other Factors:
- Threats to financial security
- Litigation
- Compensation thresholds

Consider asking questions like*:

Do you understand why you are in pain?

What do you to do to cope with your pain?

How are your co-workers and managers reacting to your injury and return to work program?

How do you think returning to work will affect your injury?

With your current functional capacity, do you think there are some tasks within the workplace you could complete?

This is not an exhaustive list, but a few examples to get you thinking about how to determine return to work barriers and identify flags with your workers
Open communication is key!

Sonic HealthPlus