

'Fit for Selected Work'

Medical certification

What is 'Fit for Selected Work' medical certification?

When people are injured it can often be good for them to do some sort of work as part of their recovery. If this applies to you, your doctor will outline on your ACC medical certificate the activities and type of work that you can do with your injury – that is, they'll certify you as 'fit for selected work'.

What happens next?

When you give your medical certificate to your employer, you should use the information the doctor has provided to discuss whether there are any suitable work duties available. If you're unsure about doing this, simply contact us. If your employer has no suitable work for you, then you will receive up to 80% of your pre-injury earnings in weekly compensation.

Note that if you're certified as fit for selected work for more than one week, we may ask an occupational therapist to meet with you and your employer to help identify suitable duties.

How does being fit for selected work help me and my recovery?

- Research shows that the sooner you get back to work and everyday life, the better it is for your health, wellbeing and recovery.
- We'll liaise with your employer to help keep your job open for you.
- We'll support you with a rehabilitation programme designed to help you recover from your injury.
- If you go back to work on reduced hours or alternative duties, your employer can pay you for the productive hours you work. ACC can top up these wages with weekly compensation, so instead of getting up to 80% of your pre-injury income through ACC (as you would if your employer has no suitable work for you), you may earn up to 100%.

What if I think I'm not fit for selected work?

Your doctor will only issue a medical certificate stating that you're fully unfit for work if:

- you're unfit to be in the workplace after your accident – that is, being at work would pose unacceptable risks to your health and safety, or
- you're unfit to do your normal work duties or any alternative duties, or
- you're unable to travel to and from work (even with travel assistance).

Need more information?

We're here to help so if you have any questions please contact us on 0800 101 996 between 7am and 7pm Monday to Friday. You can also visit us at www.acc.co.nz for more information on how we can support you after an accident.