WASHINGTON WORKERS

ARE YOU INJURED AT WORK?

Know Your Rights. Get the Care You Deserve.

FIRST THINGS FIRST.

If you are injured at work, there are two very important things to do immediately:

1. **Get Medical Help**
2. **Tell Your Employer right away**

GET MEDICAL HELP

Falls, cuts, and sprains can become serious injuries if they are not treated promptly. Seek first aid at your workplace; If further medical treatment is necessary, visit an emergency room or the health-care provider of your choice and inform them that your injury occurred at work. Similarly, if you are diagnosed with an occupational disease, you should seek appropriate medical care as soon as possible.

WHAT TO EXPECT FROM YOUR MEDICAL PROVIDER

- Certify whether your injury is work-related.
- Help you file a workers compensation claim.
- Work with you to decide when you can return to work.
- Recommend any further treatment you may need.

IF YOU NEED MEDICAL CARE AFTER THE FIRST VISIT:

- For your second visit and beyond, you will need to see a provider in L&I network. If your regular health care provider is not in L&I network, choose a new one with **L&I Find a doctor Tool:**Lni.wa.gov/FindaDoctor
- You may choose any doctor who is qualified to treat your injury, as long as they are in L&I network. You also may get a second medical opinion if your claim manager approves it. You can change providers at any time and/or communicate with your claim manager via L&I online portal at Lni.wa.gov/Secure
- Washington is a no-fault state, so L&I will cover an allowable claim for a workplace injury regardless of who is at fault. This rule also applies to self-insured employers.

TELL YOUR EMPLOYER RIGHT AWAY

Tell your employer right away if you are injured on the job or diagnosed with an occupational disease. Thus, employer familiar with the situation when the L&I paperwork arrives so that they can help you plan your return to work.

The sooner you are able to return to work after an injury, whether in a light-duty or modified job (with your doctor approval), the more likely you are to recover and earn your pre-injury salary.

Keep the following in mind:

- Workers' compensation pays for medical care directly related to your accident or illness, unless your work meets strict exemption. Employers are required to provide this coverage, and if you are unable to work following your injury, you may be eligible for a portion of your lost wages.
- Employer may not discriminate or retaliate against you for filing a claim, or discourage you from filing a claim. You may see a company doctor if you wish, but you have the right to choose your doctor and decide who, if anyone, may accompany you to the doctor or any other medical visit.
- Your employer has the right to access your claim file, including medical health information. An employer can only reveal your health condition(s) or treatment to people who are authorized to access the information.
- Complete the employee section of the accident report form. Look for return-to-work opportunities with light-duty work, if medically approved. This can help maintain your salary and your recovery while keeping claim costs down.
- Talk to your employer about reimbursements available through the Stay at Work Program. They may be eligible for some of your wages and expenses, such as training tools related to light-duty work.
- If you are unable to return to your regular job while you are recovering, your employer may be able to find you transitional or light-duty work within your restrictions. This can make it easier for you to get back to your original work and wages when you have recovered.
- If your employer is self-insured, your rights and benefits do not change, but who manages your claim and the claim process may be different. L&I maintains a list of self-insured employers. If you disagree with how your self-insured employer or their representative is managing your claim, contact the L&I Self-Insurance Program to find your L&I claim manager so you can contact them directly.
- If you were a victim of a crime at work, you may want to file an additional claim with Washington Crime Victims Compensation Program.

Need to learn more or need help filing claims? Contact Horn of Africa Services
In Person Services
5303 Rainier Ave S, Suite D
Seattle, WA 98118
Phone Number: 206-760-0550
Email: info@hoas.org

Contact Washington State Department of Labor & Industries (L&I) regarding workplace injury and occupational disease complaints, matters.
Website: Lni.wa.gov
L&I Employment Standards: 360-902-6625