

L&I can help you

L&I's Early Return-to-Work teams, located around the state, can help you get back to work. Vocational specialists, therapists and nurse consultants can work with your employer to help find light-duty work for you and talk with your health-care provider to make sure it's safe.

You or your employer can contact an Early Return-to-Work Team in your area. See the back panel for contact information or visit www.ReturntoWorkHelp.Lni.wa.gov.

L&I can help your employer

If your employer needs more information about return-to-work options, here is where to learn more:

www.StayAtWork.Lni.wa.gov

Employers can learn how to qualify for reimbursement for half the wages (up to 66 days/\$10,000 per claim) they paid for light-duty work and many expenses.

www.Lni.wa.gov/IPUB/200-003-000.pdf

Employer Return-To-Work Guide.



Call us: We can help you get back to work

L&I Early Return-to-Work Teams

Everett: 425-290-1300
Seattle: 206-515-2800
Spokane: 509-324-2600
Tacoma: 253-596-3800
Tumwater: 360-902-5799
Yakima: 509-454-3700

L&I's toll-free information line: 1-800-547-8367

L&I's Stay at Work Program for employers:
1-866-406-2482 or 360-902-4411

Or find us online

www.InjuredWorker.Lni.wa.gov

General information about workers' compensation.

www.ClaimInfo.Lni.wa.gov

Claim & Account Center: Sign up to use this secure site to check the status of your claim and much more.

www.StayatWork.Lni.wa.gov

Financial reimbursements for employers.

www.ReturntoWorkHelp.Lni.wa.gov

Early Return-to-Work Program.

Upon request, foreign language support and formats for persons with disabilities are available.

Call 1-800-547-8367. TDD users, call 360-902-5797.

L&I is an equal opportunity employer.

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Getting Back to Work:

*It's Your Job
and Your Future*



***Getting injured on the job
is hard enough.***

We want to help you recover and get back to work as soon as possible. It's money in your pocket.



Washington State Department of
Labor & Industries

Workers' Compensation Services

Getting back to work

It's a team effort

Returning to work as quickly as possible is a team effort. You, your health-care provider, your employer and the Department of Labor & Industries (L&I) all work together.

If you're injured on the job and off work:

- **Keep your appointments** and follow through with your treatment.
- **Stay in touch with your employer** and express your interest in a light-duty job.
- **Make sure your employer knows about L&I's Stay at Work Program.** Your employer may qualify for reimbursement of half your wages (up to 66 days/\$10,000 per claim) for light-duty work and many expenses. See www.StayatWork.Lni.wa.gov.

Some injuries are so severe you can't go back to work right away. But it often makes financial sense — and keeps you connected to your job — if you return to work before you are fully recovered, as long as your doctor approves the light-duty job description.



It's your job and your future

Think there may be work you *can* do?

Ask your employer:

- If there are any light-duty jobs that fit the medical restrictions your doctor has ordered. If not, try suggesting one.
- To send your doctor a light-duty job description for the doctor to evaluate.

Ask your health-care provider to:

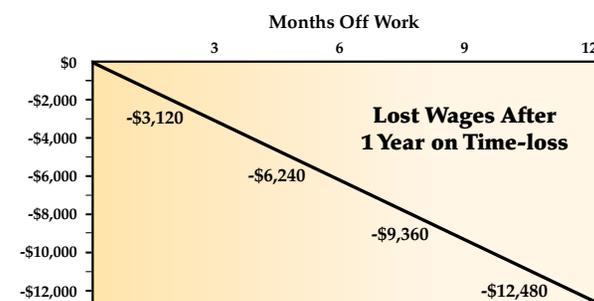
- Check for a written, light-duty job description in your file, if you know your employer has sent one in.
- Make sure your medical restrictions are documented in each report sent to your claim manager at L&I.

Who benefits? You do!

Early return to work can make good financial sense

- Even a short time off work can take money out of your pocket. Time-loss benefits do not pay you your full wage.
- Studies show that the longer you are off work, the harder it is to get back to your original wages.

Figure 1: Lost Wages



If you are a single person making \$2,600 a month, you would receive about \$1,560 a month in time-loss benefits.

Figure 2: Lower Income



If you did not return to the same employer and had to take a minimum wage job, your lost income after one year would be \$11,516.*

*Calculated on 2014 minimum wage of \$9.32 per hour.