

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

L&I can help you

L&I's Early Return to Work

Consultants are located around the state and can help you get back to work. Vocational specialists can work with your employer to help find light-duty work for you.

You or your employer can contact the Early Return-to-Work Consultation team in your area. See the back panel for contact information or visit **lni.wa.gov/EarlyReturnToWork**.

L&I can help your employer

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

Stay At Work

Employers can learn how to qualify for reimbursement for half the wages they paid for light-duty work and many expenses.

lni.wa.gov/StayAtWork

Return To Work Toolkit

An Employer's Guide to Return to Work. **lni.wa.gov/go/F243-282-000**

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 for light-duty work and many expenses. See Lni.wa.gov/StayAtWork.

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:

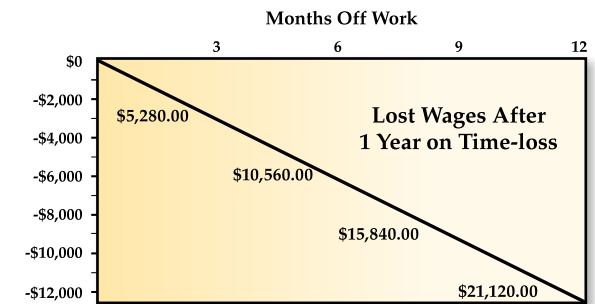
- Check for a written, light-duty job description in your file, if you know your employer has sent one in.
- Make sure your medical restrictions are documented in each report sent to your claim manager at L&I.

Who benefits? You do!

Early return to work can make good financial sense

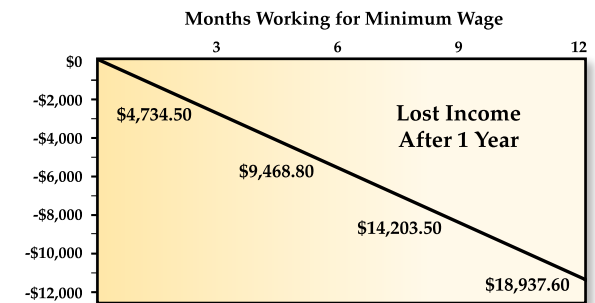
- Even a short time off work can take money out of your pocket. Time-loss benefits do not pay you your full wage.
- Studies show that the longer you are off work, the harder it is to get back to your original wages.

Figure 1: Lost Wages



If you are a single person making \$4,400 a month, you would receive about \$2,640 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 \$18,937.60.*

* Calculated on 2024 minimum wage of \$16.28 per hour.

Call us: We can help you get back to work

L&I Early Return Work Consultation

Email: ERTW@Lni.wa.gov

Phone: 360-902-5555

L&I's Stay at Work Program for employers:

Email: StayAtWork@Lni.wa.gov

Toll-free: 866-406-2482

Phone: 360-902-4411

Or find us online

[Lni.wa.gov/InjuredWorker](https://lni.wa.gov/InjuredWorker)

General information about workers' compensation.

[Lni.wa.gov/ClaimInfo](https://lni.wa.gov/ClaimInfo)

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

[Lni.wa.gov/StayAtWork](https://lni.wa.gov/StayAtWork)

Financial reimbursements for employers.

[Lni.wa.gov/RTWwebinars](https://lni.wa.gov/RTWwebinars)

Your employer can sign up for a workshop and/or webinar to learn about the Stay at Work program.

[Lni.wa.gov/EarlyReturnToWork](https://lni.wa.gov/EarlyReturnToWork)

Early Return-to-Work Program.

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

Call 1-800-547-8367. TDD users, call 711.

L&I is an equal opportunity employer.