

# Streamline your L&I claim.

File online if you are injured at work.

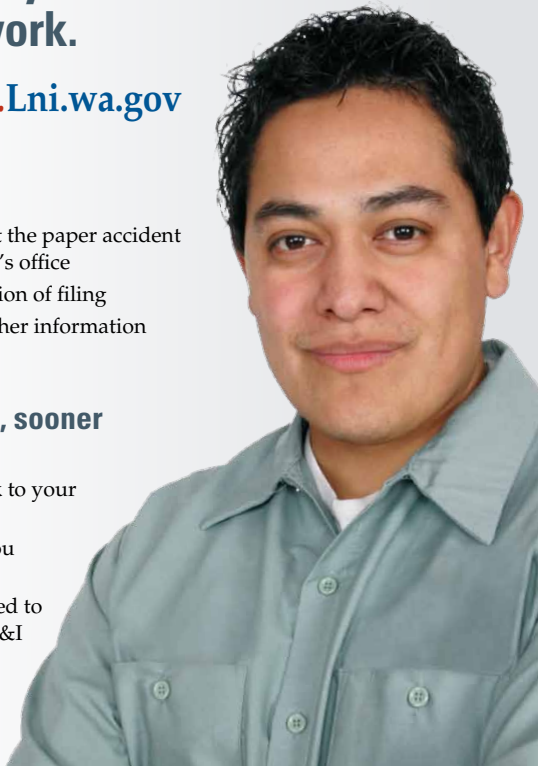
[www.FileFast.Lni.wa.gov](http://www.FileFast.Lni.wa.gov)

## Less hassle

- Easier than filling out the paper accident report in your doctor's office
- Immediate confirmation of filing
- Less follow-up to gather information
- Faster decisions

## You'll know more, sooner

- What happens next
- Steps for getting back to your job and full income
- How L&I can help you return to work
- Ways to stay connected to your employer and L&I



# If you have a work-related injury or illness, remember:

1. Tell your employer.
2. Seek medical attention if necessary.
3. File online before or after you see a doctor.  
If you file before your medical appointment, print out a copy (the accident report) to give to your provider or tell them your claim number.

*You can file by phone instead.* If you will miss three days at work or have difficulty filing online, call us toll-free 877-561-FILE (3453). Phone lines are staffed 8 a.m. to 5 p.m., Monday through Friday.

4. Keep your employer and L&I informed of your progress.
5. Return to work as soon as safely possible.  
It's your job and your future.

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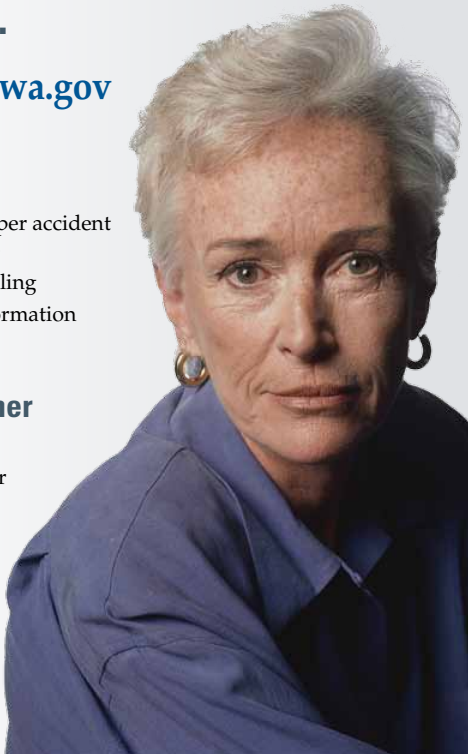


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