

# Injured at work?

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



**You can also file by phone.**

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Monday-Friday, 8 a.m. to 5 p.m.



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## Things to remember about filing an L&I claim

- Tell your employer about your work-related injury before filing.
- Seek medical treatment if necessary.
- You can file online or by phone before or after your medical appointment.
- Return to work as soon as safely possible.

PUBLICATION F242-400-000 [06-2011]

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