

# 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\*\*](http://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 (up to 66 days/\$10,000 per claim) they paid for light-duty work and many expenses.

[\*\*Lni.wa.gov/StayAtWork\*\*](http://Lni.wa.gov/StayAtWork)

### **Return To Work Toolkit**

An Employer's Guide to Return to Work.

[\*\*Lni.wa.gov/go/F243-282-000\*\*](http://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 (up to 66 days/\$10,000 per claim) for light-duty work and many expenses. See [Lni.wa.gov/StayAtWork](http://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.



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**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:**

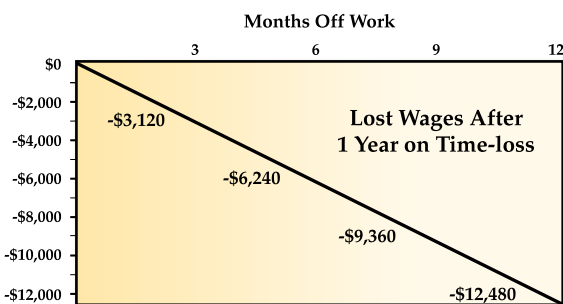
- Check for a written, light-duty job description in your file, if you know your employer has sent one in.
- Make sure your medical restrictions are documented in each report sent to your claim manager at L&I.

# Who benefits? You do!

## Early return to work can make good financial sense

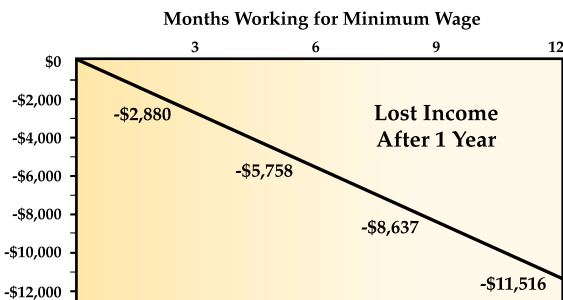
- Even a short time off work can take money out of your pocket. Time-loss benefits do not pay you your full wage.
- Studies show that the longer you are off work, the harder it is to get back to your original wages.

**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.

**Call us: We can help you get back to work**

**L&I Early Return Work Consultation**

Email: [ERTW@Lni.wa.gov](mailto:ERTW@Lni.wa.gov)

Phone: 360-905-5555

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

Email: [StayAtWork@Lni.wa.gov](mailto: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)**

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, foreign 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.*