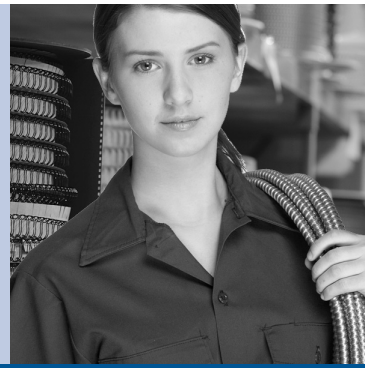


# Hnangv haaix nor ngaengc sic fih nzaeng caux ninh mbuo goux zoux gong-gorn zangc aengx caux ziux goux zoux huo-muotc gong-gorn zangc dongh duqv bun-paaiv cuotv taux meih tov nyiemc longc nyei sou



## Ngaengc fih nzaeng sei zeix haaix nyungc?

Ngaengc sic fih nzaeng sei zoux benx yietc zeiv sou-nzangc fieng gorngv yietc nyeic waac dongh meih maiv buate longx caux ninh mbuo duqv dunz bun-paaiv cuotv bun jaauv nzuonx zoux gong qaqv zinh dong meih tov longc wuov. Meih nyei ngaengc sic fih nzaeng fieng yaac oix zuqc bun duqv zipv yiem 60 hnoi ga'nyuoz yiem meih duqv zipv ninh mbuo dunz paaiv cuotv hnoi daaih.

Meih nyei ngaengc sic fih nzaeng nor oix zuqc lemh jienv:

- Meih nyei mbuoz caux tov nyiemc longc nam mber.
- Ninh mbuo gong-gorn zangc dunz sic hnoi.
- Wueic laaix haaix diuc meih cingx maiv buate longx caux ninh mbuo zorc baengc ndie-sai box tong fieng haaix diuc javu a'fai da'diuc waa-fieng meih dorh mingh bun ninh mbuo beiv mangc nyungc zeiv gorngv ninh mbuo duqv dunz paaiv dornge.

## Yie fungx yie nyei ngaengc si fih nzaeng fieng a'fai zoux sou-kuinx tov mingh haaix?

- Fungx naaiv zeiv ngaengc waac sou-tov kuinx bieqc gan online gorn zangc longc naaiv diuc tov Claim and Account Center (nyiemc sou-gorn aengx caux funx-hoc domh gorn) zangc ziouv <https://secure.Lni.wa.gov> (meih oix zuqc njiec mbuoz benx sou-gorn ziouv aengx caux bieqc lengc-jeiv password nzangc-gorn bieqc gin v longc naaiv norm gorn oc). *A'FAI*
- Fiev fih nzaeng waac njiec sou-nzangc fungx mingh bun taux: Department of Labor & Industries, P.O. Box 44291, Olympia WA 98504-4291. *A'FAI*
- Feiv sou-tov fungx mingh bun taux ninh mbuo goux sic dauh gong gorn Board of Industrial Insurance Appeals (BIIA), Executive Secretary, P.O. Box 42401, Olympia WA 98504-2401, a'fai fungx meih nyei sou-tov kuinx gan i-lekv-dro-nikv mingh lorz longc sou-form yiem [www.BIIA.wa.gov](http://www.BIIA.wa.gov). (Labor & Industries [goux zoux gong-gorn zangc aengx caux ziux goux zoux huo-muotc gong-gorn zangc] nor nzunc baav maiv haih tengx fih javu caeqv nzaanz meih nyei kuonx hnyouv sic dauh zuov taux ninh mbuo gunv goux domh gorn zangc dengv gong mienh liouh tov kuinx beu weih taux huo-muotc gorn [Board of Industrial Insurance Appeals, BIIA] tengx dunz bun-paaiv haapc maaz waac cuotv daaih.)

## Haih maaih haaix diuc sic cuotv dongh haaix zanc ninh mbuo ziux goux gong-gorn zangc duqv zipv yie nyei fih nzaeng fieng?

Meih nyei goux sic tov longc nyei jien-mienh oix zuqc zimh paan pei mangc meih nyei sou-tov gorn aengx caux zoux yietc diuc ga'ndiev deix gong-bou:

1. Tiuv goiv yien cingx gorn bun-paaiv waac. Meih yaac ganh duqv zipv siang-sou-fieng a'fai aapv jaaz cuotv waac, a'fai zorpc jienv yi nyungc javu, caux siang-dunz cuotv nyei waac.
2. Dunz cuotv dongh jienv gorn nyei sic dauh naaic buate zuqc javu nzengc mi'aqc. Meih yaac duqv zipv haapc maaz siang-fieng paaiv cing yietc nyeic waac gorngv dunz jienv daaih wuov zuqc javu nzengc mi'aqc. Se gorngv meih maiv buate longx nor meih corc sei zuqc zoux sou-tov goz zongc gorngv naaiv deix siang-haapc maaz waac fungx mingh bun taux gunv goux domh gorn zangc dengv gong mienh liouh tov kuinx beu weih taux huo-muotc gorn (BIIA). Hnoi-nyieqc ziangh hoc aengx caux fungx fieng buon-deic dornge liouh fungx sou-tov zongc yaac fiev njiec yiem haapc maaz sou-gorn.

3. Dunz cuotv gorngv oix zuqc qiemx longc waa-fieng jaa camv faaux. Meih yaac haih duqv zipv aapv jaaz waac tiuv bun div jiex lox wuov deix dunz bun-paaiv waac siou njiec wuov, lorz naaic sou-fieng jaa camv faaux nyei buonc waa-fieng a'fai zorpc jienv yi nyungc javu. Ninh ziux goux tov longc nyei jien-mienh haih tov heuc meih bun waa-fieng jaa tipv camv faaux a'fai meih nyei ndie-sai a'fai meih nyei zoux gong ziu.

Ninh mbuo dunz bun-paaiv cuotv gorngv taux meih nyei fih nzaeng nyei javu nor oix zuqc longc ziangh hoc lauh taux 30 hnoi mingh taux 60 hnoi a'fai gauh lauh oix zuqc longc ei gorngv oix zuqc longc waa-fieng camv zoqc ndongc haaix. Se gorngv beiv meih maiv duqv zipv dau waa-fieng sou yiem naaiv 30 hnoi ga'nyuoz dongh meih duqv fungz meih nyei fih nzaeng sou liuz wuov nor, oix zuqc buangh lorz taux meih nyei goux gong sic dauh nyei jien-mienh.

## Haih benx haaix nyungc se gorngv meih maiv fih nzaeng a'fai maiv zoux sou mingh tov goz zongc a'fai jienv ndaangc 60 hnoi liuz?

Se gorngv meih maiv fih nzaeng a'fai maiv zoux sou mingh tov goz zongc yiem naaiv 60 hnoi ga'nyuoz nor, ninh mbuo gong-gorn zangc duqv dunz bun-paaiv cuotv nyei waac dauh yaac dornge dauh aqv. Naaiv nor sei benx zuqc gorngv jienv mingh wuov hingv **meih maiv haih fih nzaeng a'fai zoux sou tov faan zongc duqv aqv.**

## Se gorngv yie maaih waac qiemx oix naaic a'fai corc sei maiv njiang hnyouv gorngv taux yie tov longc nyei javu nor, yie haih mingh buangh lorz taux haaix dauh?

- Ninh ziux goux nyei jien-mienh siou meih nyei sic dauh sou-gorn wuov, zimh naaic yietc nyeic meih tov longc nyei javu. Meih nyei ziux goux sic dauh jien-mienh mbenc maaih porv waac mienh tengx dauh waac bun meih hiuv.
- Ninh gong-gorn zangc nyei baeqc kor-waac nyei nam mber, 1-800-547-8367, liouh porv cing tov longc nyei waa-fieng. Naaiv norm nam mber sei bun gin v longc muangx waa-fieng gorngv benx Spanish nyei waac.

## Liouh tengx camv faaux, meih corc oix longc baeqc tengx ca'laangh waac maiv zuqc cuotv nyaanh gan ga'ndiev naaiv:

- Project Help (Tengx gong) yiem 1-800-255-9752. Oix zuqc qiemx longc mienh tengx porv waac.
- Juangc njaaux bun hiuv, njaaux caux zoux sou fungx mingh (Coordinated Legal Education, Advice and Referral, CLEAR) yiem 1-888-201-1014. Naaiv deix tengx nyei javu nor bun tengx gorngv waac gan fonh mingh njaaux aengx caux fungx mingh bun zoux gong duqv nyaanh zoqc nyei mienh yiem zoux gong nyei hnoi, yiem 9:15 a.m. caux 12:15 p.m. ziangh hoc. Mbenc maaih waa-fieng bun longc benx Spanish nyei waac.

*Buangh lorz taux Tengx gong a'fai CLEAR dongh maiv zorpc caux fih nzaeng fieng a'fai sou-tov goz zongc dongh ninh mbuo goux gong-gorn duqv dunz bun-paaiv cuotv wuov. Fih nzaeng taux ninh mbuo goux gong-gorn nyei bun-paaiv dunz cuotv waac, oix zuqc zoux gan yietc nyeic gong-bou dongh duqv mbiuv njiec yiem naaiv zeiv zunh cuotv nyei piu-yiuh sou.*

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Washington State Department of  
**Labor & Industries**  
Workers' Compensation Services

*Da'diuc sou-guv liouh bun waac fangx mienh longc nor duqv mbenc maaih bun tov longc. Kor-waac mingh 1-800-547-8367. Longc TDD, kor-waac mingh 360-902-5797. L&I (goux zoux gong-gorn zangc aengx caux ziux goux zoux huo-muotc gong-gorn zangc) sei benx bun-paaiv baengh cingv gong-ziouv.*