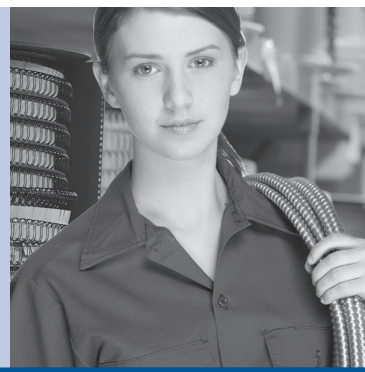


# Sida Looga Ashtakoodo Go'aanka Waaxda Shaqada iyo Warshadaha ka Gaarto Sheegashadaada



## Maxay tahay ashtakada?

Ashtakada waa warqad sheegeysa in aad qilaafsan tahay go'aanka laga gaaray sheegashada magta shaqaalaha. Ashtakadaada waa in la helo 60 maalin gudaheeda laga bilaabo marka la helo go'aanka.

Ashtakadaada waa in aad ku soo dardid:

- Magacaada iyo nambarka sheegashadaada.
- Taariikhda go'aanka waaxda.
- Sababta aad u ashtakoonayso iyo warbixinta bixiyayaasha ama macluumaadka kale ee aad u aragto in si khadan go'aanka uga muuqdeen.

## Xaggee loo baahan yahay in aan u diro ashtakadeyda ama racfaan?

- Online ahaan kusoo dir diidamaada adiga oo isticmaalaya Claim & Account Center (Xarunta Sheegada iyo Xisaabta) <https://secure.Lni.wa.gov> (waa inaad samaysataa xisaab leh baaswoodhka wikhtiyaarkan). *AMA*
- Waxaad ashtakadaada oo qoran u dirtaa: Department of Labor & Industries, P.O. Box 44291, Olympia WA 98504-4291. *AMA*
- Waxaad racfaan qoran u dirtaa Board of Industrial Insurance Appeals (BIIA), Executive Secretary, P. O. Box 42401, Olympia WA 98504-2401, ama waxaad racfaankaada ku dirtaa foomka elataroonigga ee laga helo [www.BIIA.wa.gov](http://www.BIIA.wa.gov). (Waxaa dhici karto in Labor & Industries [Waaxda Shaqada iyo Warshadaha] in aysan waxba ka qaban karin arrintaada haddii Guddiga Racfaanada Ceymiska Warshadaha [Board of Industrial Insurance Appeals, BIIA] aysan ku amrin in ay sidaas sameeyso.)

## Maxaa dhaca marka waaxda hesho ashtakadeyda?

Maamulaha sheegashadaada wuxuu fiirin doonaa faylka sheegashadaada kaddibna wuxuu samayn doonaa mid ka mid ah waxa soo socda:

1. Wuxuu go'aansan karaa in uu baddalo go'aanka asalka. Waxaad heli doontaa warqad cusub ama ammar, ama labadaba, oo la socoto go'aanka cusub.
2. Wuxuu go'aansan karaa in go'aankii hore uu sax yahay. Waxaad heli doontaa ammar sheega in go'aanka ahaa sax. Waxaad racfaan ka qaadan kartaa amarkan cusub adiga oo u soo qora Guddiga Racfaanada Ceymiska Warshadaha (BIIA) haddii aad weli qilaafsan tahay. Waqtiga iyo cinwaanka boostada loogu diro racfaanka wuxuu ku qoran yahay ammarka.

3. Wuxuu go'aansan karaa in loo baahan yahay macluumaad badan. Waxaad heli doontaa ammar joojiya go'aanka, warqad dalbata macluumaad badan, ama labadaba. Waxaa dhici karto in maamulaha sheegashada uu adiga, takhtarkaada, ama loo-shaqeeyaha ka dalbado macluumaad badan.

Go'aanka ku saabsan ashtakadaada wuxuu qaadan karaa 30 ilaa 60 maalin ama ka badan, taasoo ku saleysan haddii loo baahan yahay macluumaad badan. Haddii aadan helin jawaab muddo 30 maalin gudaheeda kaddib marka aad dirtid ashtakadaada, fadlan la xariir maamulaha sheegashadaada.

## Maxaa dhaca haddii aan ashtakoonin ama aan qaadanin racfaan, ama aan sidaas sameeyo muddo 60 maalin kaddib?

Haddii aadan ashtakoonin ama aadan racfaan qaadanin muddo 60 maalin gudahooda, go'aanka waaxda waa kama dambeys. Tan macnaheeda waxay tahay **in aadan taariikh dambe ka ashtakoon karin ama aadan racfaan ka qaadan karin go'aanka.**

## Haddii aan qabo su'aalo ama arrimo ku saabsan sheegashadeyda, yaan la xariiraa?

- Waxaad la xariiri kartaa maamulaha sheegashada ee gacanta ku haaya kiiskaada, haddii aad qabtid su'aalo la xariira sheegashadaada. Maamulaha sheegashadaada waxaa la shaqeeya turjubaano ku kaalmeyaa marka aad soo wacdid.
- Nambarka telefoonka lacag la'aanta lagu dirsado ee waaxda waa 1-800-547-8367, xagga macluumaadka sheegashada guud. Nambarkan wuxuu bixiyaa fursad oo macluumaadka lagu bixiyoo Isbanish.

## Si aad u heshid kaalmo badan, la xariir adeegyada lacag la'aanta ah ee soo socda:

- Project Help (Mashruuca Kaalmada), telefoonka 1-800-255-9752. Waxaa dhici karto in loo baahdo adeegyada turjubaanka.
- Aqoonta Sharciga Leysku Dabariday, Waanada iyo Ku Toosinta (Coordinated Legal Education, Advice and Referral, CLEAR), telefoonka 1-888-201-1014. Adeegaan waxaa laga helaa waanada telefoonka iyo ku-toosinta la siiyo shaqaalaha dakhliga yar maalmaha todobaadka, caadi ahaan inta u dhexeysa 9:15 a.m. iyo 12:15 p.m. Macluumaadka waxaa lagu bixiyaa Isbanish.

*In lala xariiro Mashruuca Kaalmada ama CLEAR ma aha macnaheeda in laga ashtakooday ama racfaan laga qaataa go'aanka waaxda. Si looga hortaggo go'aanka waaxda, raac talaabadaha ku qoran warqadaan xaqiiqada.*

PUBLICATION F242-363-303 (Somali) [04-2019]



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

Waxaa la heli karaa habab loogu talagalay dadka itaalka darran kaddib marka la codsado. Wac 1-800-547-8367. Dadka isticmaala TDD, waca 360-902-5797. L&I (Waaxda Shaqada iyo Warshadaha) waa loo-shaqeeye fursado siman.