

Return to work depends on you!

Help is available

L&I will call you and your employer if you are off work more than 14 consecutive days. Our vocational specialists and therapist and nurse consultants can help identify possible modified or light-duty work and talk with your health-care provider to make sure the duties are medically appropriate.

If you do not receive a call, your provider is already associated with a Center for Occupational Health and Education (COHE). L&I funds the two centers (in King and Spokane counties), which promote improved treatment outcomes for injured workers.

More about return-to-work options

If your employer needs more information about return-to-work options and how they benefit both workers and employers, request a copy of the *Employer's Return-to-Work Guide* from an L&I office or go to www.Lni.wa.gov/IPUB/200-003-000.pdf on the Web.



Help getting back to work

L&I Early Return-to-Work Teams

Everett.....	425-290-1300
Seattle	206-515-2800
Spokane.....	509-324-2600
Tacoma.....	253-596-3800
Tumwater	360-902-5799
Yakima.....	509-454-3700

On the Web

Claim and Account Center: Use this secure site to check the status of your claim and exchange information with L&I.

www.ClaimInfo.Lni.wa.gov

General information about workers' compensation:

www.InjuredWorker.Lni.wa.gov

Ideas to modify your job and eliminate risk factors:

www.ErgoIdeas.Lni.wa.gov

U.S. Department of Labor's Job Accommodation Network:

www.jan.wvu.edu

L&I toll-free hotline

1-800-547-8367

Other formats for persons with disabilities are available on request. Call 1-800-547-8367. TDD users, call 360-902-4685. L&I is an equal opportunity employer.

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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

Getting back to work . . . A team effort

Returning to work as quickly as possible is a team effort – you, your health-care provider and your employer working together. The Department of Labor & Industries (L&I) provides assistance when you need it.

If you're injured on the job and off work:

- See your provider regularly and follow through with treatment.
- Share ideas with your provider about making it easier to do your job safely.
- Stay in touch with your employer and express your interest in getting back to work.
- Expect your employer to call you to check on your progress.

We understand some injuries are so severe you can't go back to work right away. Very often, however, early and safe return to work makes sense. This brochure tells you more.



It's your job & your future



Ask your health-care provider:

- About types of jobs you can do safely.
- About possible modifications that will ease you back into your job.
- To contact your employer and talk about the kinds of work you are able to do.
- To communicate your physical capabilities and restrictions in each medical report.

Ask your employer to:

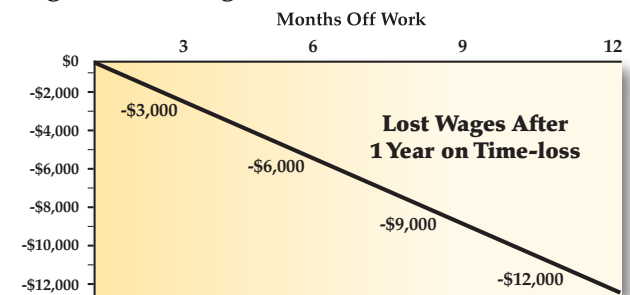
- Explore options for getting you back to work. He or she may already have a program in place to do this.
- Fix any potential hazards that could prevent you from working safely.
- Send your provider information, such as light-duty options, that he or she can use when considering releasing you for work.
- Consider work-site modifications that will make it easier for you to return to work.

Who benefits? You do!

Early and safe return to work makes sense:

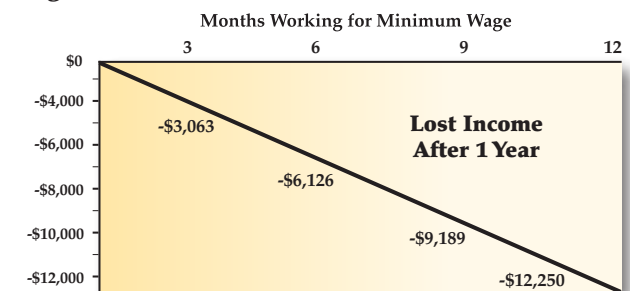
- Even a short time off work takes money out of your pocket because time-loss benefits do not pay you your full wage. (See Figure 1.)
- Studies show that the longer you are off work, the harder it is to get back to your original job and wages. (See Figure 2.)

Figure 1: Lost Wages



If you are a single person making \$2,500 a month, you would receive about \$1,500 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 \$12,250.*

*Calculated on 2009 minimum wage of \$8.55 per hour.