L&I can help you

L&I's Early Return-to-Work teams, located around the state, can help you get back to work. Vocational specialists, therapists and nurse consultants can work with your employer to help find light-duty work for you and talk with your health-care provider to make sure it's safe.

You or your employer can contact an Early Return-to-Work Team in your area. See the back panel for contact information or visit www.Lni.wa.gov/ReturntoWorkHelp.

L&I can help your employer

If your employer needs more information about return-to-work options, here is where to learn more:

www.Lni.wa.gov/StayAtWork
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.

www.Lni.wa.gov/IPUB/200-003-000.pdf
Employer Return-To-Work Guide.

Call us: We can help you get 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

L&I’s toll-free information line: 1-800-547-8367

L&I’s Stay at Work Program for employers: 1-866-406-2482 or 360-902-4411

Or find us online

www.Lni.wa.gov/InjuredWorker
General information about workers’ compensation.

www.Lni.wa.gov/ClaimInfo
Claim & Account Center: Sign up to use this secure site to check the status of your claim and much more.

www.Lni.wa.gov/StayatWork
Financial reimbursements for employers.

www.Lni.wa.gov/ReturntoWorkHelp
Early Return-to-Work Program.

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.

Upon request, foreign language support and formats for persons with disabilities are available. Call 1-800-547-8367. TDD users, call 360-902-5797. L&I is an equal opportunity employer.

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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 www.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.

It’s your job and your future

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

<table>
<thead>
<tr>
<th>Months Off Work</th>
<th>Lost Wages After 1 Year on Time-loss</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>-$3,120</td>
</tr>
<tr>
<td>6</td>
<td>-$6,240</td>
</tr>
<tr>
<td>9</td>
<td>-$9,360</td>
</tr>
<tr>
<td>12</td>
<td>-$12,480</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Months Working for Minimum Wage</th>
<th>Lost Income After 1 Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>-$2,880</td>
</tr>
<tr>
<td>6</td>
<td>-$5,758</td>
</tr>
<tr>
<td>9</td>
<td>-$8,637</td>
</tr>
<tr>
<td>12</td>
<td>-$11,516</td>
</tr>
</tbody>
</table>

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.