

# Streamline your L&I claim.

File online if you are injured at work.

[www.FileFast.Lni.wa.gov](http://www.FileFast.Lni.wa.gov)



## Less hassle

- Easier than filling out the paper accident report in your doctor's office
- Immediate confirmation of filing
- Less follow-up to gather information
- Faster decisions

## You'll know more, sooner

- What happens next
- Steps for getting back to your job and full income
- How the Department of Labor & Industries (L&I) can help you return to work
- Ways to stay connected to your employer and L&I



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

## You can file by phone

If you don't have computer access or have difficulty filing online, you can file by phone instead. Call us toll-free 877-561-FILE (3453). Phone lines are staffed 8 a.m. to 5 p.m., Monday through Friday.