

Injured at work?

Employer name

UBI

File online or by phone:

lni.wa.gov/FileFast

Toll-free 1-877-561-FILE (3453)

Monday–Friday, 8 a.m. to 5 p.m.



Washington State Department of
Labor & Industries

Workers' Compensation Services

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Filing an L&I claim?

- Tell your employer about your work-related injury before filing.
- Seek medical treatment if necessary.
- You can file online or by phone before or after your medical appointment.
- Return to work as soon as safely possible.



TDD users, call 711. Lni.wa.gov/ADA