



## Project Help

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### **Do you know what to do if you're injured on the job?**

At work, you hurt your back lifting something. Alternatively, maybe you tripped and crashed down hard to the floor, or gave yourself a horrid laceration and need stitches. You're mortified. Maybe you caused the incident, maybe you didn't, but your boss might not think so. Well it doesn't matter if it was your fault, your employer's fault, or nobody's fault: Washington State workers' compensation is a "no-fault" system to help you when you've suffered an occupational disease or a work-related injury.



### **You have the right...**

You have the right to file a claim. Your employer must take you to medical care if you are in need of emergent care. You have the right to choose your own medical provider from L&I's Medical Provider Network. Here is what you do: 1) Notify your employer, 2) Get first aid or medical attention, 3) file a claim, and follow up, 4) If you disagree with a decision you can dispute an action, protest and or appeal a decision.



### **Got questions?**

Project Help is a client service contract between the Department of Labor and Industries and the Washington State Labor Council, AFL-CIO. Workers' compensation can become procedural and difficult. WSLC employs three full-time staff to provide you with free one-on-one guidance and individual claims assistance on your behalf. Cherie Wagaman (our L&I department assigned liaison) works with staff to collectively support our shared goals for state fund and self-insurance claims throughout Washington State. This program is a free workers' compensation resource and assistance program; we will help answer your workers' compensation questions.

### **Education**

As Director, I organize workshops, trainings and conferences and I plan and participate in outreach presentations and events along with claims specialists Kathy Petruzzelli and Jessica Gallardo. Jessica provides bi-lingual outreach services to the Latino communities to around the State.

### **Most of the time the system works!**

However, sometimes you need help to navigate through the workers' compensation system. The Project Help team will share their expertise and insights to people who seek help on Washington state industrial insurance. Staff helps injured workers understand their rights and responsibilities and help resolve claim concerns. Call if you need help through any phase of the process (with the exception of legally represented claims.) Let us help simplify the process!

Visit the Project Help website [www.Projecthelpwa.com](http://www.Projecthelpwa.com) or call 1.800.255.9752.