

Workplace Injury Process

Per the WA state department of L&I: Workers' compensation pays for medical care directly related to your accident or illness. If you are unable to work following your injury, you may be eligible for a portion of your lost wages. If you are injured at work, there are two very important things to do immediately: seek medical treatment and notify your employer.

Step 1: Notify

- Notify your supervisor of the incident/injury
- Complete the employee incident report (found on [Frontline Central](#))
- Notify the [RSD Workers Comp Coordinator](#) to obtain a SIF-2 form and claim number
- Send any work restrictions to [RSD Workers Comp Coordinator](#) for review – including updates as your condition improves



Step 2: Seek Medical Care

- Initial medical treatment can occur at any emergency room or healthcare location of the employee's choice.
- For your second visit and beyond, you will need to see a provider within [L&Is network](#).
- During the initial visit have the healthcare provider complete the “[Provider's Initial Report](#)”, once completed submit the form to the [RSD Workers Comp Coordinator](#)

Additional resources

- [L&I website](#)
- [L&I Guide for Employees](#)
- [L&I FAQ - Employees](#)
- [Claim Protest Rights - Employee](#)
- [Lost Wages Criteria - Employee](#)
- [Medical Costs covered by L&I](#)
- [RSD Risk Management page](#)
- [Tristar Contact Information](#)
- [RSD Workers Compensation FAQ](#)
- [RSD Union Agreements \(CBAs\)](#)
- [Workers Compensation Pay Examples](#)
- [L&I Contacts for Employees](#)