

Filing for Workers' Compensation in Washington State

If you are injured while performing work on the **Washington State L&I contract**, you may be eligible for **Workers' Compensation benefits**. Claims are handled directly through the **Washington State Department of Labor & Industries (L&I)**.

How to File a Claim

Online

- Use the **FileFast** tool on the L&I website.
- Fast, secure, and available 24/7.


By Phone

- Call **1-877-561-FILE (3453)**.
- Speak directly with an L&I representative to start your claim.

At Your Doctor's Office

- Complete a **Report of Accident (ROA)** at the clinic.
 - Your healthcare provider will submit it directly to L&I.
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 **Important Reminder:** File your claim **as soon as possible** after an injury occurs to ensure timely benefits and coverage.

 For more details and resources, visit: www.Lni.wa.gov

SOSi Contact: Sosi.benefits@sosi.us