

**It's the law!** Employers must post this notice where employees can read it.

(Revised Code of Washington 51.14.100)

## If a job injury occurs

Your employer is self-insured. You are entitled to all of the benefits required by the state of Washington's workers' compensation (industrial insurance) laws. Benefits include medical treatment and partial wage replacement if you miss work. The Department of Labor & Industries (L&I) regulates these laws.

## What you should do

**Report your injury.** If injured, no matter how minor the injury seems, contact the person listed on this poster.

**Get medical care.** For your first treatment, visit any qualified health care provider to treat your injury. For ongoing care, see a doctor in the L&I medical network. (Find network providers at [Lni.wa.gov/FindADoc](http://Lni.wa.gov/FindADoc).)

Qualified health care providers include: medical, osteopathic, chiropractic, naturopathic and podiatric physicians; dentists; optometrists; ophthalmologists; physician assistants; advanced registered nurse practitioners, and for claims solely for mental health care conditions, a psychologist.

**File your claim as soon as possible.** For an on-the-job injury, you must file a claim with your employer within one year after the day the injury occurred. For an occupational disease, you must file a claim within two years following the date your provider tells you in writing that you have a work-related condition.

## To report an injury:

If you are injured on the job or develop an occupational disease, immediately report this to the person below:

**Name:** Human Resources

**Phone:** 509-737-2777

**Email:** Hr@co.benton.wa.us

Contact the Ombuds for Self-Insured Injured Workers at 1-888-317-0493  
for help with a workers' compensation issue.

*Upon request, language support and formats for persons with disabilities are available. Call 1-800-547-8367. TDD users, call 711. L&I is an equal opportunity employer.*

### About required workplace posters

Go to [Lni.wa.gov/RequiredPosters](http://Lni.wa.gov/RequiredPosters) to learn more about workplace posters from L&I and other government agencies.

Self-Insurance Section  
Department of Labor & Industries  
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