



## PROJECT HELP IS HERE TO ASSIST

We work in partnership with the Washington State Labor Council, AFL-CIO and the Washington State Department of Labor & Industries to provide reliable outreach services.

## SUPPORT

Project HELP provides information to educate and counsel on claim specifics regarding the workers' compensation process.

ASSISTANCE IS OFFERED  
THROUGHOUT WASHINGTON STATE

## CONTACT INFORMATION

Call us at:  
1-800-255-9752

Bilingual English/Spanish available

For additional information  
visit our website:  
[www.projecthelpwa.com](http://www.projecthelpwa.com)

Like us on Facebook:  
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Claim Assistance  
Educational Workshops  
Conferences & Seminars  
Information Services  
Provided **Free of Charge**

## A COOPERATIVE EFFORT BETWEEN

Washington State Labor Council, AFL-CIO  
State of Washington Department of Labor and Industries



# Simplifying Washington's Workers' Compensation

## WORKERS' COMPENSATION RESOURCES

INFORMATION AND ASSISTANCE REGARDING ENTITLEMENTS UNDER THE WORKERS' COMPENSATION LAWS OF WASHINGTON STATE, RCW TITLE 51

opeiu8/afl-cio

### CLAIMS SUPPORT

Project HELP offers education and one-on-one claim counseling to injured workers.

Help is provided in any phase of the workers' compensation process, from initial filing of a claim to claim closure.

We strive to help you understand the claim process by increasing awareness and educating about rights and responsibilities under workers' compensation laws of Washington State.

We offer explanations and help you navigate through the Labor & Industries system on both state fund and self-insured claims.

### PROJECT HELP RESOURCE LINE

You can call us, we will offer help!

Project HELP staff can talk you through your vital questions and concerns. You can reach us by calling toll free: 1.800.255.9752

Some of your questions may include:

- What are my rights?
- How do I file a claim?
- Where do I go to get treatment?
- What is an occupational disease?
- Will I receive income while off work?
- What if I can't return to my job of injury?

Our goal is to assist in early and successful claims resolution, ensure that all rights are preserved and protected, and reduce unnecessary litigation.

### EDUCATIONAL WORKSHOPS

Project HELP workshops are available to provide a fundamental view of workers' compensation that covers a general range of assistance: from filing procedures to worker rights and responsibilities and return-to-work information.

Project HELP is a resource to assist all parties to effectively communicate towards:

- Improve Employee/Employer Relations
- Promote Safety Awareness
- Expedite Return-to-Work Options
- Avoid Unnecessary Delay & Litigation

### WORKSHOPS|EDUCATION|TRAINING

Tailored to meet your needs

Contact Project HELP to schedule your next event!



Our Goal: Fair and Speedy Claims Resolution.

WORKING TO ASSIST IN EARLY & SUCCESSFUL RESOLUTION OF WORKERS' COMPENSATION CLAIMS