

L&I WEBSITE REFERENCE GUIDE

Quick guide to navigating **L&I's website**

Click the links below and you will be directed to info on the **L&I website**.

SAFETY & HEALTH



1. [Request a Safety Consultation](#)
2. [Find Sample Safety Programs](#)
3. [Find Safety Posters](#)
4. [Safety & Health Rules](#)
5. [Safety Training Materials](#)

LICENSING & PERMITS



1. [Register as a Contractor](#)
2. [Look up a Contractor or Business](#)
3. Public Works Projects – [Contractors/Employers](#), [Scopes of Work](#), [Contractor Portal](#)

WORKERS' RIGHTS



1. [Learn about paid sick leave](#)
2. [Wages – Minimum Wage, Overtime, Equal Pay & Opportunities Act](#)
3. Workplace Policies – [Rest Breaks](#), [Payroll & Personnel Records](#)
4. [Leave](#)
5. [Youth Employment \(Authorization form\)](#)
6. [Internships](#)



CLAIMS

1. [Injured Worker – Get Your Worker Medical Help & Will This Impact My Rates?](#)
2. [Help Your Employee Return to Work](#)
3. [File Employer's Report of Accident](#)
4. [Protest or Appeal Claim](#)
5. [Claim & Account Center \(My L&I\)](#)

INSURANCE



1. [File a Quarterly Report](#), [Look up a Contractor or Business](#), [Contact Phone #](#)
2. Insurance Requirements: Workers' [comp key benefits](#), [how to get](#), [independent contractors](#)
3. [Quarterly Reports](#)
4. [Verify Business](#)
5. [Risk Class Lookup](#)



OTHER IMPORTANT ONLINE RESOURCES

1. [Contact Page](#)
2. [Pay a Balance Due](#)
3. [Office Locations](#)
4. [Workshops & Training](#)
5. [How to search for forms and publications](#)

L&I Small Business Office 1-800-987-0145

L&I Switchboard 1-360-902-5800



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*In partnership with the Department
of Labor & Industries for employer
outreach and education.*