

Project HELP

Project HELP is a cooperative effort between [Labor & Industries](#) and the [Washington State Labor Council \(AFL-CIO\)](#) that facilitates fair and speedy claim resolution.

No one expects to be injured at work. The fact is, over 200,000 claims are filed every year as a result of work place accidents. When workers are injured and paychecks stop, their life is suddenly out of control.

Normally, claims are resolved without any problems. But when a combination of complex laws and claims issues come together, it may create a situation that is anything but normal. Project HELP was created to:

- Work to assist in the early and successful resolution of workers' compensation claims.
- Provide one-on-one counseling to workers who become injured or sustain an occupational illness because of their job.
- Work to increase the awareness of workers' rights and responsibilities. This is accomplished by providing accurate and timely information at no cost to the worker, the union or the employer.

Project HELP steps in to answer these suddenly vital questions:

- Are my medical expenses covered?
- Will I receive any income while off work?
- What if I can't go back to my former job?

Whether assisting the worker, the employer, the union, the Department of Labor and Industries, or the physician, Project HELP has one goal: **fair and speedy** claim resolution.

The intent of the Project HELP program is to:

- Ensure claim resolution.
- Ensure that all rights are preserved and protected.
- Reduce unnecessary litigation.
- Provide information and assistance, free of charge.

Project HELP provides educational workshops. Our workshops provide a fundamental view of workers' compensation that is geared for rank and file workers, shop stewards, business representatives and employer representatives.

Department of Labor and Industries representatives participate in all Project HELP workshops, so the information given is accurate and unbiased.

Project HELP can modify workshops to meet specific union/employer needs.

For more information on Project HELP, call toll-free **1-800-255-9752**.

