

# LIGHT DUTY AND THE STAY AT WORK PROGRAM

*Doctors, workers and employers agree, Washington's Stay at Work Program is a win-win.*

## **A** SETTING EXPECTATIONS WITH THE INJURED WORKER:

Safe and early return to work is a goal of treatment. To aid in their own recovery, suggest the worker:

- Follow activity recommendations at home and work.
- Stay active. Some discomfort is normal after an injury.
- Check to see if light duty is an option at work.
- Stay in touch with their employer during recovery.
- Share the Stay at Work Program brochure with their employer.

## **B** SETTING EXPECTATIONS WITH THE EMPLOYER:

Employers are more likely to bring a worker back to light or modified duty if the medical provider suggests it.

- Go over required time off and the return-to-work plan.
- Mention the Stay at Work Program and refer them to L&I's website for more information.
- Suggest the employer maintain close contact with the injured worker.

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## GO TO [StayAtWorkProgram.com](http://StayAtWorkProgram.com) FOR:

- *Attending Provider's Return-to-Work Desk Reference*
- Activity Prescription Form and Job Description Form
- Stay at Work Program brochures and exam room cards
- Latest L&I fee schedule and billing codes. For employer phone consultations, please use:
  - Physician procedural codes 99441-99443
  - ARNP/PA/Psychologist procedural codes 98966-98968.

Providers affiliated with one of L&I's 6 statewide Centers for Occupational Health and Education (COHEs) can contact their Health Services Coordinator for assistance.

## STAY AT WORK Program

[StayAtWorkProgram.com](http://StayAtWorkProgram.com) | 1-866-406-2482

[StayAtWork@Lni.wa.gov](mailto:StayAtWork@Lni.wa.gov)



Washington State Department of  
**Labor & Industries**

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*Upon request, foreign language support and formats for persons with disabilities are available. Call 1-800-547-8367. TDD users, call 360-902-5797. L&I is an equal opportunity employer.*