



### What If I'm Injured, Disabled, or Sick at Work?

You may be entitled to workers' compensation benefits if you are injured, disabled, or sick at work. Workers' compensation covers most work-related physical or mental injuries or illnesses. An injury or illness can be caused by one event (such as falling your back in a factory) or by repeated exposures (such as hurting your wrist from doing the same motion over and over).

#### Workers' Compensation Benefits

- **Medical Benefits:** You may be eligible for medical benefits for the reasonable and necessary costs of your medical care. These include hospital charges, doctor's fees, and other medical services.
- **Temporary Disability (TD) Benefits:** If you are unable to work for a period of time because of your injury, you may be eligible for TD benefits. These benefits are paid for up to 104 weeks from the date of your injury.
- **Permanent Disability (PD) Benefits:** If your injury causes a permanent physical or mental function that a doctor can measure, you may be eligible for PD benefits. These benefits are paid for the remainder of your life.
- **Supplemental Job Displacement Benefit:** A nontransferable voucher, if you are injured on or after 1/1/2004, permanent disability, and your employer does not offer you a suitable, modified or alternative work assignment.
- **Death Benefits:** If you die as a result of a work-related injury or illness, your dependents may be eligible for death benefits.

#### Getting Your Claim

- **File a Claim:** You must file a claim with the Division of Workers' Compensation within one year of the date of your injury or illness. You can file a claim online, by mail, or in person.
- **Provide Information:** You will need to provide information about your injury or illness, including the date and time it occurred, the location, and the circumstances surrounding it. You will also need to provide information about your medical care and any lost wages.
- **Attend Hearings:** You may be required to attend a hearing with a hearing officer to discuss your claim. You will have the opportunity to present evidence and ask questions.
- **Receive Benefits:** If your claim is approved, you will receive the benefits you are entitled to. If your claim is denied, you may appeal the decision.

For more information about workers' compensation, visit our website at [www.dir.ca.gov](http://www.dir.ca.gov) or call 1-800-999-9777.