

**WAC 296-15-400 Self-insured workers' rights and obligations.  
How must a self-insurer notify its workers of their rights and obligations under the industrial insurance laws?**

Self-insurers must notify workers of their industrial insurance rights and obligations at the following times:

(1) Within thirty days of hire, provide a form substantially similar to the one page Workers' Compensation Filing Information L&I form F207-155-000, or if authorized by the worker provide a link to the form giving electronic access online in lieu of a paper form.

(2) When a worker files a claim, provide the following information in writing:

(a) The current edition of the department's pamphlet P207-085-000, *A Guide to Workers' Compensation Benefits for Employees of Self-Insured Businesses*, or if authorized by the worker provide a link to the pamphlet giving electronic access online in lieu of a paper pamphlet; and

(b) The name, address, and phone number of the person or organization handling the worker's claim.

[Statutory Authority: RCW 51.04.020. WSR 19-01-095, § 296-15-400, filed 12/18/18, effective 7/1/19. Statutory Authority: RCW 51.32.190(6), 51.32.055 (8)(a) and (9)(a). WSR 98-24-121, § 296-15-400, filed 12/2/98, effective 1/2/99.]