

# How to respond to a workplace injury:

- For life-threatening medical emergencies, call **911**.
- For non-life-threatening injuries, call the **24/7 Nurse Line at (844) 581-0828** to report the incident and get your employee the right care.

**DISTRICT OF COLUMBIA GOVERNMENT  
DEPARTMENT OF EMPLOYMENT SERVICES  
OFFICE OF WORKERS' COMPENSATION**

**4058 MINNESOTA AVENUE, N.E. • WASHINGTON, DC 20019 • (202) 671-1000 • (202) 671-1929 (fax)**

**Warning:** It is a crime to provide false or misleading information to an insurer for the purpose of defrauding the insurer or any other person. Penalties include imprisonment and/or fines. In addition, an insurer may deny insurance benefits if false information materially related to a claim was provided by the applicant.

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## **NOTICE OF COMPLIANCE**

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### **TO EMPLOYEES**

1. You are required by law to report promptly to your employer and the Office of Workers' Compensation an occupational injury or disease, even if you deem it to be minor. Form No. 7 DCWC, Notice of Accidental Injury or Occupational Disease, to be obtained from the employer or the Office of Workers' Compensation, must be used for that purpose. After you have completed and signed it, you should mail it to the Office of Workers' Compensation at the above address, and to your employer.
2. You are entitled, if required, to the services of a physician or hospital of your choice and lost wages. Call (202) 671-1000 for information.
3. You may not sue your employer as a result of a work-connected injury or disease by reason of your exclusive remedy under the Workers' Compensation Law.
4. In order to preserve your right to benefits under the DC Workers' Compensation Law, you must file a written claim on Form No. 7A DCWC, Employee's Claim Application, within one (1) year after your injury, or within (1) year after the last payment of benefits.
5. If you desire information regarding your rights and obligations prescribed by law, you may call your employer first. If you need further information you may call the Office of Workers' Compensation at (202) 671-1000.
6. The law gives you the right to be represented if you so desire.

### **TO EMPLOYERS**

1. You are required to have Workers' Compensation insurance coverage if you have 1 or more employees.
2. You are required to display this poster at each worksite so that it will be of the greatest possible benefit to your employees.
3. You must file an Employer's First Report of Injury or Occupational Disease, Form No. 8 DCWC, with the Office of Workers' Compensation, copy to the nearest claim office of your insurer, on all occupational injuries or disease, as soon as possible, but no later than 10 days after the date of knowledge thereof.
4. Your employee must file Form No. 7 DCWC, Employee's Notice of Accidental Injury or Occupational Disease. Please provide your employee with Form No. 7 DCWC and direct them to complete it and return it to you and the Office of Workers' Compensation. Once you have received notice from the employee, you are required to send the employee a notice of his/her rights and obligations by certified mail, return receipt requested.
5. You are required to report to the Office of Workers' Compensation, and your insurer, and disability of more than 3 days which was not previously reported, as soon as possible, but no later than 10 days after the date of knowledge thereof.
6. You are required to furnish, or cause to be furnished, reasonable medical and hospital services, other remedial care or vocational rehabilitation, and various types of disability compensation, to an injured or disabled employee.
7. You are required to obtain from the insurer identified below a supply of all required Workers' Compensation Forms, or you may download the forms and notice mentioned above at our website <http://does.dc.gov>

**NOTICE: Violation of the various provisions of the Workers' Compensation law provides for civil penalties.**

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The undersigned employer hereby gives notice of compliance with all provisions of the Workers' Compensation Law and Administrative Regulations

**NAME OF INSURANCE COMPANY**

Pie Insurance Services on behalf of Sirius America Insurance Company
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**NAME OF EMPLOYER**

BY \_\_\_\_\_

\_\_\_\_\_  
**Employer ID Number**  
(if number unknown, employer to request from IRS)

**THIS NOTICE IS TO BE POSTED CONSPICUOUSLY IN AND ABOUT EMPLOYER'S PLACE(S) OF BUSINESS**

**GOBIERNO DEL DISTRITO DE COLUMBIA  
DEPARTAMENTO DE SERVICIOS DE EMPLEO  
OFICINA DE COMPENSACIÓN PARA TRABAJADORES  
PO BOX 56098  
WASHINGTON, DC 20011  
(202) 671-1000  
(202) 671-1929 (fax)**

Advertencia: Es un crimen proporcionar información falsa o engañosa a un asegurador para defraudarlo o defraudar a cualquier otra persona. Las multas incluyen el encarcelamiento o multas. Asimismo, un asegurador puede denegar beneficios de seguro si el solicitante proporcionó información falsa relacionada materialmente con una reclamación.

## **AVISO DE CONFORMIDAD A LOS EMPLEADOS**

1. La ley le exige que reporte cuanto antes a su empleador y a la Oficina de Compensación para Trabajadores una lesión o enfermedad ocupacional, incluso aunque considere que es pequeña. Para ello debe utilizarse el Formulario DCWC 7, Aviso de Lesión Accidental o Enfermedad Ocupacional del Empleado, que puede obtenerse del empleador o de la Oficina de Compensación para Trabajadores. Después de haberlo completado y firmado, debería enviarlo por correo a la Oficina de Compensación para Trabajadores, a la dirección que figura arriba, y a su empleador.
2. Tiene derecho, si se solicita, a los servicios de un médico u hospital de su elección y a la recuperación de salarios perdidos. Llame al (202) 671-1000 para obtener información al respecto.
3. No puede iniciar pleito contra su empleador como resultado de una lesión o enfermedad relacionada con el trabajo. La ley de Compensación para Trabajadores es su único remedio.
4. Para mantener su derecho a beneficios en virtud de la Ley de Compensación para Trabajadores, debe presentar una reclamación por escrito en el Formulario DCWC 7a, Solicitud de Reclamación del Empleado, dentro de un (1) año después de la fecha de su lesión, o dentro de un (1) año del último pago de beneficios.
5. Si desea información referente a sus derechos y obligaciones estipulados por ley, puede llamar primero a su empleador. Si necesita más información, puede llamar a la Oficina de Compensación para Trabajadores, al (202) 671-1000.
6. La ley le da el derecho a obtener representación si lo desea.

## **A LOS EMPLEADORES**

1. Tiene la obligación de tener cobertura de seguro de Compensación para Trabajadores si tiene 1 o más empleados.
2. Tiene la obligación de mostrar este póster en todos los lugares de trabajo para beneficio de sus empleados.
3. Debe presentar un Formulario DCWC 8, Reporte Inicial del Empleador de Lesión o Enfermedad Ocupacional, a la Oficina de Compensación para Trabajadores, enviando una copia del mismo a la oficina de reclamaciones más cercana de su compañía de seguros, para todas las lesiones o enfermedades ocupacionales, cuanto antes, a más tardar 10 días después de la fecha en que tuvo conocimiento de las mismas.
4. Su empleado debe presentar el Formulario DCWC 7, Aviso de Lesión Accidental o Enfermedad Ocupacional del Empleado. Por favor, proporcione a su empleado un Formulario DCWC 7 e indíquele que lo complete y se lo devuelva a usted y a la Oficina de Compensación para Trabajadores. Una vez que haya recibido aviso del empleado, tiene que enviarle un aviso de sus derechos y obligaciones por correo certificado, solicitando acuse de recibo.
5. Debe reportar a la Oficina de Compensación para Trabajadores, y a su asegurador, toda discapacidad superior a 3 días que no haya sido reportada anteriormente, cuanto antes, a más tardar 10 días después de la fecha en que tuvo conocimiento de la misma.
6. Debe proporcionar o hacer que se proporcione, servicios médicos y hospitalarios razonables, otra atención de remedio o rehabilitación vocacional, y diversos tipos de compensación por discapacidad a un empleado lesionado o discapacitado.
7. Debe obtener del asegurador identificado abajo, un suministro de todos los Formularios de Compensación para Trabajadores requeridos, o puede descargar los formularios y el aviso mencionado arriba en nuestro sitio web: <http://www.does.dc.gov>

**AVISO: La infracción de las diversas disposiciones de la ley de Compensación para Trabajadores conllevará penalidades civiles.**

Por la presente, el empleador suscrito da aviso de conformidad con todas las disposiciones de la Ley de Compensación para Trabajadores y sus Reglas Administrativas.

**NOMBRE DE LA COMPAÑÍA ASEGURADORA**

**NOMBRE DEL EMPLEADOR**

POR \_\_\_\_\_

\_\_\_\_\_  
**Número de identificación del empleador  
(Si se desconoce, el empleador debe solicitarlo al IRS)**

**ESTE AVISO DEBE PUBLICARSE CONSPICUAMENTE EN LOS LUGARES DE OPERACIÓN DEL EMPLEADOR**  
FORMULARIO 1 DCWC Revisado en junio de 2002

# Employee's Rights and Obligations

## District of Columbia Workers Compensation Law

- You are required by law to promptly report your injury by filing DCWC Form 7, employee's Notice of Accidental Injury or Occupational Disease, with your employer and the Office of Workers' Compensation within 30 days of the date of injury or the date you have knowledge that the injury is related to your job.
- In order to preserve your right to workers' compensation benefits under the law, you must file a written claim on DCWC Form 7a, Employee's Claim Application, within 1 year after your injury, or within 1 year after the last payment of benefits. Benefits include indemnity payments for lost wages, medical services and treatment, and vocational rehabilitation.
- Failure to properly file the Notice of Accidental Injury or Occupational Disease, DCWC Form 7 or the Employee's Claim Application DCWC, Form 7a, may bar your right to future compensation. Copies of these forms and other pertinent information are available on the Department of Employment Services, Office of Workers' Compensation's web site. The web site address is listed below.
- You may not sue your employer as a result of a work-related injury or disease, the Workers' Compensation law is your exclusive remedy.
- You have the right to choose a treating physician. Once you choose a treating physician you may not change physicians unless you get approval from your employer's insurance company or the Office of Worker's Compensation. The medical treatment includes medical services, supplies, prosthetic devices, and prescriptions. The medical services include treatment by a dentist, osteopath, podiatrist and chiropractor.
- Compensation is not paid for the first 3 days of disability unless the disability exceeds 14 days. Compensation is paid at the rate of  $66\frac{2}{3}\%$  of your average weekly wage. Unless your employer controverts your right to compensation within 14 days after he has knowledge of the injury, the 1st installment of compensation becomes due on the 14<sup>th</sup> day and must be paid within 14 days after it is due.
- You have the right to request an informal conference or a formal hearing on disputes arising on matters regarding your claim and you have the right to be represented by an attorney or other representative if you so desire.
- You may be entitled to vocational rehabilitation services if you are unable to return to the job you had prior to the injury.
- For injuries occurring on or after 4/16/99, temporary partial or permanent partial or permanent partial disability benefits will be limited to 500 weeks. Within 60 days of the expiration date, the claimant may petition for an extension of benefits up to 167 weeks beyond the 500-week cap.
- Your employer is required to advise you of your rights and obligations under the Workers' Compensation law and if you need further information, you may call the Office of Workers' Compensation on (202) 671-1000 or fax (202) 671-1929. The web address is <http://does.dc.gov>