


Workers' Compensation in California: A Guidebook for Injured Workers

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The Department of Industrial Relations is pleased to release the seventh edition of "Workers' Compensation in California: A Guidebook for Injured Workers," May 2024, now available in English and Spanish.

This guidebook gives an overview of the California workers' compensation system. It is meant to help workers with job injuries understand their basic legal rights, the steps to take to request workers' compensation benefits, and where to seek further information and help if necessary.

This edition of the guidebook describes the workers' compensation system as of May 2024. Workers using the guidebook should also check updates posted at the state Division of Workers' Compensation (DWC) [website](#).

Download a complete version of the [Workers' Compensation in California: A Guidebook for Injured Workers](#) 

Guidebook by chapter

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