

Take These Steps When You Get Hurt On The Job

It is important to remember that you will have to prove that your accident happened suddenly, at a specific time while you were performing a specific work-related task for you to get workers' compensation benefits. It is also your burden to know the procedural steps to take to protect your medical and financial benefits.

STEP 1	<u>Immediately</u> tell your supervisor and another employee you have been injured.
STEP 2	Seek immediate medical attention and follow your doctor's orders.
STEP 3	Fill out your accident report. Be certain to describe exactly what you were doing when you initially felt the pain. File an accident report with your employer within 30 days of your accident (and keep a copy for yourself). Do not wait for the employer to file it. YOU ARE RESPONSIBLE!
STEP 4	Immediately file your claim for benefits with the Virginia Workers' Compensation Commission. Call the Commission at 1-877-664-2566 to request that a claim form is mailed to you.
STEP 5	Make sure you get an Award Order from the Virginia Workers' Compensation Commission. Without it, the insurance carrier is only making voluntary payments that they can choose to stop at any time. After the two year statute of limitations, you have no recourse.

I do not charge for an initial consultation or to answer questions regarding your rights.

Call Injured Workers' Law Firm today at (804) 755-7755.

Take These Steps To Make Sure You Get The Maximum Workers' Compensation Benefits

STEP 1	Report any change in your medical condition or employment status to me.
STEP 2	Keep all papers you receive from me confidential. Do not show them to anyone. Remember, the insurance adjuster may interview your neighbors, friends, and co-workers.
STEP 3	EVERY time you see your doctor, get a disability slip, send my office a copy of it, and keep the original disability slips.
STEP 4	DO NOT give a recorded statement, sign any papers or write letters to anyone about your case- especially the insurance adjuster and your employer-until you have discussed it with me first.
STEP 5	DO NOT discuss your medical condition, employment, employment prospects, personal life, or anything else with anyone hired by the insurance carrier until you talk to me first. This may be a nurse or vocational counselor.
STEP 6	DO NOT discuss any aspect of your workers' compensation case with the insurance adjuster with two exceptions:
a)	If you have not received reimbursement for prescriptions or mileage, you should speak directly to the adjuster; and/or
b)	If you have not received your check, you should speak directly to the adjuster. DO NOT call your attorney regarding your checks unless your checks are two weeks late or if the adjuster will not speak with you regarding this information. The Virginia Workers' Compensation Act allows us to file for a 20% penalty on all amounts owed to you if your checks are <i>more than two weeks late</i> .
STEP 7	If you are presently receiving or have a claim pending for weekly benefits, be aware that insurance companies often hire investigators to watch and record your daily activities.
STEP 8	If you are placed on light duty, DO contact your employer to see if light duty work is available. If they do not have light duty work, DO start looking for light duty work immediately . DO contact at least 5 employers per week, register with the Virginia Employment Commission, and keep a list of all job contacts including: name, address, date, telephone number, and contact person.
STEP 9	Call me at any time if you have any questions.

Call Injured Workers' Law Firm today at (804) 755-7755.