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WHAT TO DO IMMEDIATELY FOLLOWING A

Workplace Injury

Safety should always be your top priority on the job. In the unfortunate event that you suffer an injury on the job, use the following steps as a guide.

1. Seek Immediate Medical Care

Immediate medical care is necessary to ensure a worker's injuries are properly tended to. Immediate care also helps support a worker's claim if a carrier attempts to controvert the case.

2. Notify Your Employer

An individual injured at work has 30 days from the date of the incident to report the injury to the employer.

3. File a Claim with The Workers' Compensation Board

An injured worker must file a claim with the Board within two years of the date of the injury. Call an attorney to assist you with filing a claim to ensure you receive all the benefits.

4. Document Lost Time

A worker may be entitled to compensation for some or all of the lost time caused by an injury at work. It is important to keep track of any lost time and supporting medical reports to ensure proper awards are made.

5. Record All Out of Pocket Expenses

An injured worker should not have any out of pocket expenses. The insurance carrier should cover all medical costs including items such as prescriptions, splints and other related expenses. However, if any out of pocket expenses are incurred, careful records should be kept including receipts so reimbursements can be made where appropriate. Additionally, the law allows a claimant to request reimbursement for mileage to and from a doctor or therapist.