

SEVEN THINGS YOU SHOULD DO WHEN YOU ARE INJURED AT WORK!!

1. **IMMEDIATELY SEEK MEDICAL ATTENTION FROM A DOCTOR OF YOUR CHOICE.** You are not required to receive treatment from the Company doctor. The law allows you to see two (2) doctors of your choice and any doctors that those doctors refer you to for treatment. Your employer has a right to have you examined by a doctor of their own choosing, this is called a Section 12 Exam.
2. **IMMEDIATELY NOTIFY YOUR SUPERVISOR AND/OR FOREMAN OF YOUR WORK INJURY.** You are required to notify your employer within 45 days of the work injury for your injury to be compensable. Do not wait to report the injury to your supervisor as an extra precaution, also notify your co-workers of the work injury so there can be no dispute as to whether or not your injury occurred at work.
3. **FILL OUT AN ACCIDENT REPORT AND KEEP A COPY.** Your employer will usually fill out a Form 45.
4. **WRITE DOWN THE NAMES, ADDRESSES AND TELEPHONE NUMBERS OF ALL WITNESSES WHO OBSERVED YOUR INJURY OR SAW YOU AFTER YOU WERE INJURED.** This will be helpful at Trial.
5. **DO NOT GIVE A WRITTEN OR RECORDED STATEMENT TO ANYONE** - Especially the workers compensation adjuster, they will never have your best interests in mind.
6. **RETAIN THE SERVICES OF FRANKS & RECHENBERG, P.C.** David Rechenberg will help you with your workers compensation case. The law regarding workers compensation is very complicated and the insurance companies have legions of attorneys and claims adjusters who are trained to prevent you from receiving the benefits you are entitled to under the law.
7. **KEEP COPIES OF ALL DOCUMENTATION YOU GIVE OR RECEIVE TO YOUR EMPLOYER.** Make sure give copies of those documents to Attorney David Rechenberg.

