



5 Things To Do Immediately After Getting Hurt At Work

1 Report the injury to a supervisor.

If you are hurt at work, contact your supervisor immediately and demand that they file a proper form 45. Make sure you read it before you sign it to make sure the report is detailed about your injury.

2 Seek medical treatment ASAP.

Even if you think your injury is minor, seek medical treatment. Delays in seeking medical treatment can significantly affect your claim and hurt your chances of success.

3 Contact an attorney

After you report your injury and seek medical treatment, contact an experienced workers' compensation attorney. Your chances of success improve dramatically when you have proper representation.

4 DO NOT speak with the work insurance company

If they contact you, leave all communication with the workers' compensation insurance company to your attorney.

5 Get a work status note from your doctor.

Each time you see the doctor, make sure he or she gives you a note when you leave his or her office that states what your work status is. It should either say off work, full duty work or list out any work restrictions.



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