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LAW OFFICE



*Se habla español*

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## Common Workplace Injuries

According to the National Safety Council, someone is injured every 7 seconds in the workplace. That amounts to about 4.6 million injured workers a year! Here at the Kenton Koszdin Law Office, a large part of what we do is help injured workers get the compensation they deserve. This process can seem daunting, but we are on your side to guide you each step of the way.



When it comes to workplace injuries, several categories of employment tend to have more injuries. Every year, the Bureau of Labor Statistics publishes a report called the Survey of Occupational Injuries and Illnesses. The data reveals that while there are far more injuries than illnesses in the workplace, the places with the most injuries also tend to be the ones with the most illnesses too. Year by year, general trends also tend to remain the same across professions.

### Here were the top 10 most dangerous (excluding fatal injuries) jobs in 2019:

- **Health care and social assistance**—544,800 workplace injuries and 32,700 workplace illnesses
- **Manufacturing**—395,300 workplace injuries and 35,000 workplace illnesses
- **Retail trade**—401,100 workplace injuries and 8,800 workplace illnesses
- **Accommodation and food services**—271,000 workplace injuries and 7,600 workplace illnesses
- **Transportation and warehousing**—213,100 workplace injuries and 8,300 workplace illnesses
- **Construction**—195,600 workplace injuries and 3,600 workplace illnesses
- **Wholesale trade**—157,100 workplace injuries and 3,700 workplace illnesses
- **Administrative and waste services**—112,800 workplace injuries and 5,800 workplace illnesses
- **Other services (except public administration)**—70,800 workplace injuries and 1,900 workplace illnesses
- **Professional and technical services**—66,100 workplace injuries and 4,400 workplace illnesses

The BLS report also contains the most common causes and types of workplace injuries.

### The most common causes of injury in 2019:

- **Overexertion and bodily reaction**—approximately 33 incidents per 10,000 full-time workers
- **Falls, slips, and trips**—approximately 27 incidents per 10,000 full-time workers
- **Contact with objects or equipment**—approximately 24 incidents per 10,000 full-time workers
- **Violence and other injuries caused by persons or animals**—approximately 8 incidents per 10,000 full-time workers
- **Transportation incidents**—approximately 7 incidents per 10,000 full-time workers

### The most common injuries in 2019:

- **Sprains, strains, and tears**—approximately 35 incidents per 10,000 full-time workers
- **Soreness or pain**—approximately 18 incidents per 10,000 full-time workers

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RIISING STAR

## ....continued from page 1 **Common Workplace Injuries**

- **Cuts, lacerations, and punctures**—approximately 9 incidents per 10,000 full-time workers
- **Bruises and contusions**—approximately 9 incidents per 10,000 full-time workers
- **Fractures**—approximately 8 incidents per 10,000 full-time workers

If you're one of the millions of workers who deserve compensation for being injured on the job, we are here help!

If your claim has been denied, we will work with you through the appeal process. We have the right expertise to succeed with southern California Worker's Compensation claims.

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## From My Blog

### Arthritis and Social Security Disability

Ouch! My aching joints. Many of us have arthritis, more than 54 million Americans suffer from these painful joint disorders. Arthritis strikes women more than men and your risk of getting arthritis increases with age.



[Click here to read more](#)

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## Amazing Los Angeles Water System

If someone asked you where your drinking water came from would you know? We hardly think about it as we turn on our faucets, but there is vast infrastructure in place to ensure every household has access to clean drinking water.

Of all the water in California, about half of it goes directly into the environment—rivers and lakes. Another 40% is used for agriculture. The remaining 10% goes towards residential use.

With a population of 4 million and growing, more water than the natural environment of Los Angeles can provide is pumped in through an aqueduct—a system of pipes, canals, ditches, tunnels, and supporting structures to help water travel long distances to where it is needed.



The watersheds that supply drinking water to 80% of Californians span 8 states, totaling 157 million acres! The snowmelt in the Sierra Madre Mountains is an important source of water for the state as it drains into our lakes and rivers. Water travels over 242 miles via the Colorado River Aqueduct to reach southern California. This is one of the primary sources of our drinking water for residents of Los Angeles. A lot of this water passes through farms in the Coachella, Imperial and Palo Verde valleys and is used for irrigation along the way.

The State Water Project takes water from the deltas of the San Joaquin and Sacramento Rivers and sends it via aqueducts over 400 miles to L.A. This water is pumped over mountains several times!

While about 70% of the water we drink comes by way of the aqueduct system, during a non-drought year we also obtain 30% of our water from groundwater sources. For the first time in over a decade, 2019 finally emerged out of drought conditions. During the height of a drought, up to 60% of our water needs to be sourced underground.

Check out the L.A. County Department of Public Works website to learn more about your water supply and how to conserve it. You can even find exactly where your local water comes from the Water Education Foundation!

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If you or a loved one has been denied Worker's Compensation or Social Security Disability (SSD) benefits, you need an attorney experienced in these types of cases involved immediately. Contact us at our Los Angeles County office by calling **800.438.7734** for your initial free consultation, either in our office or in the comfort of your own home.



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## Recipe of the Month

# Frittata with Asparagus, Tomato, and Fontina

*This easy to make asparagus frittata is perfect for breakfast, lunch and dinner. With simple flavors, it's both fresh and comforting!*

### Ingredients

- 6 large eggs
- 2 tablespoons whipping cream
- 1/2 teaspoon salt, plus a pinch
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon olive oil
- 1 tablespoon butter
- 12 ounces asparagus, trimmed, cut into 1/4 to 1/2-inch pieces
- 1 tomato, seeded, diced
- Salt
- 3 ounces Fontina, diced



### Directions

1. Preheat the broiler. Whisk the eggs, cream, 1/2 teaspoon salt, and pepper in a medium bowl to blend. Set aside.
2. Heat the oil and butter in a 9 1/2-inch-diameter nonstick ovenproof skillet over medium heat. Add the asparagus and sauté until crisp-tender, about 2 minutes.
3. Raise the heat to medium-high. Add the tomato and a pinch of salt and sauté 2 minutes longer.
4. Pour the egg mixture over the asparagus mixture and cook for a few minutes until the eggs start to set. Sprinkle with cheese. Reduce heat to medium-low and cook until the frittata is almost set but the top is still runny, about 2 minutes.
5. Place the skillet under the broiler. Broil until the top is set and golden brown on top, about 5 minutes.
6. Let the frittata stand 2 minutes. Using a rubber spatula, loosen the frittata from skillet and slide the frittata onto a plate.

*Recipe courtesy of Giada De Laurentiis*

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# Happy Earth Day!



**Common Workplace Injuries**



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## What's Happening in Van Nuys & Southern California

**Apr 17 - 18**

The Eagles  
LA Forum  
Inglewood, CA

**Apr 19 - 20**

Knott's Berry Farm Boysenberry Festival  
Parks and Recreation Department  
Downey, CA

**Apr 26**

Walk 'n' Run for Hope  
1645 Corinth Ave  
Los Angeles, CA

**Apr 29 - May 15**

To Kill a Mockingbird  
Ahmanson Theater  
Los Angeles, CA

**May 2**

Long Beach Seafood Festival  
Shoreline Aquatic Park  
Long Beach, CA

**May 3**

Art of Wine Festival  
Saddlerock Ranch  
Malibu, CA

**May 3**

The Spinners  
The Rose  
Pasadena, CA

**May 7 - 10**

An American In Paris  
Fred Kavli Theatre  
Thousand Oaks, CA

