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Immediate Steps to Take if You Are Injured on the Job

Even when businesses ensure a safe and healthy workplace, accidents do happen. If or when they do, you could be entitled to workers' compensation benefits. A work-related injury can be everything from a minor cut, burn, or broken bone to a life-threatening emergency. With your future, finances, and health on the line, you must know what to do next.



After a workplace accident, there are three things you must do right away to avoid jeopardizing your workers' compensation case. These three steps can pave the way for a successful workers' compensation claim and ensure that you get the help you need at once.

1. Report the Injury

If you are hurt on the job, you must immediately report your injury to your employer. The sooner they know of the injury, the sooner they can get you the care you need. Under California law, you have thirty (30) days to report the incident to claim the right to workers' compensation benefits. Any delays or failure to report an accident or injury could be used against you in a personal injury lawsuit against your employer or a third party.

As soon as you are able, request a claim form (DWC-1) from your employer and describe how, when, and where the injury occurred and who was there when it happened. Make sure you keep copies of everything (including emails) you submit or receive in response for your records. This will create a paper trail that can be used as evidence in the future if necessary.

2. Seek Medical Attention

Your wellbeing is first and foremost. If your work injury is a life-threatening emergency, you must seek immediate medical care or necessary treatment. Your doctor will not only treat your injuries but will also provide a link between your work accident and your injury. The doctor's report can help solidify your claims and ultimately help you secure the benefits you need and deserve. Your employer can have you see a medical doctor of their choosing. You may seek a doctor of your choice. It's typically the company's doctor.

3. Hire a Lawyer to Help with Your Claim

Your employer and their insurance provider may not be as forthcoming with compensation and could brush aside procedures and cause delays in the claim process. This is why having an experienced workers' compensation attorney on your team can help you protect your rights and navigate you through the often complex process of applying for benefits.

If you need an experienced Los Angeles workers' compensation attorney, call Kenton Koszdin Law Office today at 800-438-7734 for a free case evaluation, either in your office or in the comfort of your home. Our dedicated legal team can help you get the best outcome for you and your family.

[VIEW KENTON KOSZDIN PROFILE >>](#)

Super Lawyers

RISING STAR

From My Blog

How Do Living Arrangements Affect SSI?

Your personal living arrangement can affect your SSI benefits. The federal government categorizes a person's living arrangement. The four levels the government uses are A, B, C, or D. The amount of SSI benefit is lower if you receive 'In-kind Maintenance and Support'. This is a common issue and a variety of living arrangements and circumstances in which this may apply...



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Interesting Facts About the Hollywood Movie Industry

Hollywood – the name synonymous with the American film industry - is the center of the entertainment universe. It remains a powerhouse of world culture.

America's film industry no longer exists in the same way as it did a century ago – it had to embrace new advances in technology and to the many uncertain conditions of a new competitive market. Film or celluloid, which once reigned supreme for more than a century, has now disappeared from American cinemas. Movies – and film in particular – have changed dramatically throughout their lifetimes and beyond what the filmmakers of bygone eras could have ever imagined.



Here are some interesting facts about the film industry:

- America's first Hollywood: Fort Lee, NJ. Long before there was Hollywood, there was Fort Lee – the birthplace of American cinema. Many film studios first started in the New Jersey towns of West Orange, Bayonne, and Fort Lee, including Universal, Fox, and Paramount in the early 20th century.
- Since Thomas Edison, who lived in New Jersey, had patents on filming equipment, many filmmakers relocated to Hollywood to avoid legal issues. Southern California provided filmmakers ideal weather year-round for motion-picture photography, as well as unique and geographical locations all within a small radius.
- The iconic Hollywood sign once read Hollywoodland. Harry Chandler, the publisher of the Los Angeles Times, built the sign in 1923. It started with a \$21,000 billboard advertising Chandler's housing development project called Hollywoodland. In 1949, the sign was shortened to the one we are all familiar with today. In the early 70s, the iconic emblem was declared a city monument.
- The first drive-in theatre opened in 1933. Richard Hollingshead launched the first drive-in theatre in Camden, New Jersey, on June 6th, 1933. After paying 25 cents for each car, people watched a British comedy titled Wives Beware. Even though the popularity of drive-in theatres has fluctuated over the decades, 321 locations remain open in the United States as of June 2020.
- The first Academy Awards (Oscars) ceremony was held in Hollywood's Roosevelt Hotel, with only 15 awards the first year.

If you or a loved one has been denied Workers' Compensation or Social Security Disability (SSDI) benefits, it's important to get an attorney experienced in these types of cases involved immediately. Call **800-438-7734** for your initial free consultation, either in our office or in the comfort of your own home. The Kenton Koszdin Law Office, Social Security attorney in Van Nuys, can help you navigate the application process for the best possible outcome for you and your family.

Recipe of the Month

Sweet Potato, Zucchini & Chickpea Salad

Warm or cold, main dish or side, this salad topped with a zesty lemon tahini dressing is the perfect choice for your favorite fall farm veggies.

Ingredients

For the salad

- 2 yams or sweet potatoes, diced into 1-inch pieces
- 1 zucchini, diced into 1-inch pieces
- 1 can chickpeas, rinsed and drained
- 2 garlic cloves
- 3 sprigs parsley, leaves finely chopped
- 2 scallions, thinly sliced on bias
- olive oil

For the dressing

- 1 tablespoon tahini
- zest and juice of 1 lemon
- salt and pepper
- 1 tablespoon olive oil



Directions

1. Preheat oven to 400 degrees. Line rimmed baking sheet with parchment or silicone.
2. Spread diced sweet potatoes in a single layer on prepared baking sheet, drizzle with olive oil, and sprinkle lightly with salt and pepper. Roast 35-40 minutes, then add zucchini and roast an additional 10-15 minutes, until both vegetables are softened inside and caramelized in spots. If vegetables haven't caramelized at that point, pop them under the broiler for 3 minutes, and they'll brown plenty.
3. In a small frying pan over medium heat, sauté chickpeas and whole garlic cloves in 1 tablespoon of olive oil (just enough to moisten) for about 3 minutes, until the chickpeas dry out a bit and are warmed through. Remove garlic cloves, chop finely, and reserve for dressing.
4. In a medium bowl, mix chickpeas with yams and zucchini. Add parsley and scallions and toss to combine.

Recipe courtesy of food52.com



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What's Happening In Van Nuys & Southern California

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Dolby Theatre
Hollywood

[The Monkees Farewell Tour](#)
Greek Theatre

[Brothers Osbourne](#)
Greek Theatre

[Los Angeles Halloween Hayride](#)
Griffith Park

[The Getty Center](#)
Los Angeles

[The Nethercutt Collection](#)
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[LA Zoo](#)

