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*Se habla español*

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## Seasonal Workers in California: Are They Covered by Workers' Compensation?

California employers must provide Workers' Compensation (WC) for their employees, and this includes temporary or seasonal workers, too. Therefore, in general, those who are injured on the job in California, including seasonal workers, are covered by WC.

Seasonal workers include migrant workers who are employed during harvesting and planting months as well as other workers hired for peak tourism, manufacturing and sales periods.



Note that you do not have to be a legal U.S. citizen to be eligible for WC.

WC insurance can help with medical bills and other expenses, and also prevent loss of income with permanent or temporary disability benefits. WC benefits will vary depending on how long you have been employed, the accident and the severity of the injury.

### Seasonal Workers May Have Higher Rates of Workplace Injury

Despite having the right to a safe workplace, as all workers do, seasonal workers tend to experience higher rates of injury when compared to other full-time workers who work year round. Some of the reasons for this disparity include:

- Being unfamiliar with the workplace.
- Receiving less training because of limited time or other priorities.
- Working in the holiday season, such as retail workers, experience high-stress levels and fatigue; both can make workers more injury-prone.

Reduce your risk of injury by getting the proper training for your job and industry. Ask questions and read all safety information. Get familiar with the workplace and watch for hazards. Know how to report any unsafe work conditions.

### If You Are Injured at Work or Suffer a Work-related Illness: A Checklist

- ✓ Get emergency or first aid medical help right away.
- ✓ Report the incident to your supervisor or manager. This must be done within 30 days.
- ✓ Get photos of the scene and your injuries. These may be required to prove your WC claim.
- ✓ Get a copy of the accident report.
- ✓ Apply for Workers' Compensation benefits. Based on the assessment of your claim, these will replace a portion of your income so you will have time to recover, in addition to covering medical care and treatments.

Your employer must file the accident report with the insurance company, which will contact you directly within 14 days of receiving the claim.

If your claim is denied, or if it is taking an excessive length of time to be settled, please contact a Los Angeles Workers' Compensation attorney for help.

## From My Blog

### I Am Receiving Social Security Disability Benefits: Can My Payment Amount Change?

Many of our clients ask us if their Social Security Disability (SSDI) benefits could change once they have been approved.

Yes, there are a few situations that can cause a change in the SSDI payments that you receive:



[Click here to read more](#)

## U.S. National Parks, Old and New, Are National Treasures

As Americans, we are fortunate that our leaders had the foresight to set aside millions of acres of protected land for today and future generations.

U.S. National Parks are one category of protected lands. There are also National Preserves, Seashores, Lakeshores, Forests, Grasslands, Monuments, Historic Trails and Conservation Areas, among others.

It's not easy to create a National Park! A locale must meet the following criteria to be considered for this designation:

- It must have a unique natural, cultural or recreational resource.
- It must need protection and only the National Park Service would be able to do it.
- It must be feasible to protect the area.



Establishing a National Park can only be accomplished through an act of Congress.

National Parks are as old as Yellowstone (1872) and California's own Yosemite (1890), to the most recent Pinnacles (2013), just south of San Jose.

Today California boasts 9 of the nation's 61 National Parks, including:

- Channel Islands just off the coast of Ventura and Santa Barbara.
- Death Valley which we share with Nevada.
- Joshua Tree in the Mojave Desert.
- King's Canyon in the southern Sierra Madre Mountains.
- Lassen Volcanic home of the largest lava dome volcano in the world.
- Pinnacles, home to the endangered California condor.
- Redwood with protected coastline and coastal redwoods.
- Sequoia, home of the largest trees on earth.
- Yosemite with spectacular El Capitan and Half-Dome.

There is a lot to explore in California! Keep in mind these ecological treasures when you are planning your next road trip.

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If you or a loved one has been denied Worker's 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

## Chickpea Waldorf Salad

This simple chickpea Waldorf salad takes a lighter approach and offers a wonderful balance of sweet and savory with the perfect amount of crunch in every bite!

### Ingredients

- 1/2 cup plain full-fat yogurt
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon crushed red pepper flakes
- 1/4 teaspoon freshly ground black pepper
- 1 (14-ounce) can chickpeas, drained and rinsed
- 2 ribs celery, finely chopped
- 1 medium apple, chopped into 1/4-inch chunks
- 1 cup red grapes
- 1/2 cup diced red onion
- 1/4 cup chopped parsley
- 1/2 cup walnuts, roughly chopped
- 4 cups fresh spinach



### Instructions

Prepare the yogurt dressing by combining the yogurt, apple cider vinegar, mustard, honey, salt, crushed red pepper flakes, and pepper in a bowl. Whisk until well-combined.

Combine chickpeas, celery, apple, grapes, onion, parsley, and walnuts in a large bowl. Stir in the dressing and toss until evenly coated. Refrigerate for about 30 minutes before serving, or up to 5 days.

Serve salad over fresh spinach. Serves 4.

*Recipe courtesy of Andrea Bemis*

# Happy Earth Day!

## Monday, April 22nd



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**Seasonal Workers in California:  
Are They Covered by Workers'  
Compensation?**



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## What's Happening In & Around Van Nuys & Southern California

**Apr 15**

[Pink with Julia Michaels](#)  
Staples Center  
Los Angeles, CA

**Apr 27**

[Monterey Park Earth Day Festival](#)  
EcoSummit  
Barnes Park Amphitheater  
Monterey Park, CA

**Apr 27**

[Heart the Homeless 5K Run/Walk](#)  
Ernie Howlett Park  
Palos Verdes Peninsula, CA

**Apr 27 - 28**

[Kids Expo Los Angeles](#)  
[Super Kidz Expo 2019](#)  
Los Angeles Convention Center  
Los Angeles, CA

**May 4**

[Jefferson Starship](#)  
The Canyon Santa Clarita  
Santa Clarita, CA

**May 4**

[Long Beach Seafood Festival](#)  
Light House - Long Beach  
Long Beach, CA

**May 10**

[Ariana Grande](#)  
LA Forum  
Inglewood, CA

**May 11**

[Rolling Stones](#)  
Rose Bowl Stadium  
Pasadena, CA

