



7 Steps You MUST Follow if You've Been Injured on the Job in Massachusetts

A workplace injury can do more than cause physical and emotional harm. If you aren't careful, it can also hurt you financially, too.

To keep this from happening, here are 7 steps you MUST follow if you've been injured on the job in Massachusetts:

1. IMMEDIATELY seek medical attention at a doctor's office or emergency room. Document the date, time and details of your injury. Be sure to detail all injured body parts. In all of your notes and correspondence, clearly indicate that your injury took place AT WORK.
- 2: As soon as possible after seeking appropriate medical attention, file an incident report with your Supervisor, Employer, or Human Resource Department. Document the date, time, and details of your injuries. Again, be sure to detail all injured body parts.
- 3: Don't sign any documents -- other than medical authorizations -- without first checking with your attorney. You are not legally obligated to sign anything.
4. For the first 180 days after you leave work due to the disability, don't mention to anyone that you have an attorney. You are not legally obligated to share this information.
5. After 180 days from the day of disability, don't speak with any representatives of your insurance company -- including rehabilitation nurses hired by the insurance company. You are not legally obligated to speak to anyone.
- 6: Make copies and keep organized records of all of your correspondence, plus any checks that you receive from the insurance company or other source related to your claim. Save the envelopes that come with the correspondence, too. Forward all correspondence to your attorney.
- 7: Keep track of mileage to and from all medical appointments/medical-related appointments, to ensure prompt reimbursement from the insurance company.

Forward all bills to your attorney. Also keep your attorney fully updated on all scheduled medical appointments, including those with primary physicians, specialists, and any other medical providers.

Even the Simplest Claims May Require a Workers' Compensation Attorney

Ideally your workplace injury will be covered, and your medical bills will be paid without too much hassle -- however that isn't always the case. For example, carpal tunnel and other repetitive use injuries, by their nature, can't be reported at the moment they begin.

Furthermore, your employer or other party may try and talk you out of filing a claim – which is almost always NOT in your best interest. An experienced attorney can expertly help you obtain and organize your medical records to prove your diagnosis resulted from a workplace injury – and, ultimately, ensure that you're properly and fairly compensated.

Have You Been Injured at Work?

Call **Teresa Benoit Law** today at **(508) 393-7878** for your free consultation.

Talking to an injury attorney at our law firm is an important step to take soon after an accident or injury. **We are committed to providing you with experienced legal counsel and compassionate, attentive client service.**

When you contact our office, we will dedicate the time to talk to you about your experience. We will answer your questions and will address your concerns, and provide the legal counsel you need to make your own decision about hiring an attorney and proceeding with a claim and/or lawsuit.

We do not charge any fees unless there is a recovery.



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