



#### OFFICE LOCATION

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## PRACTICE AREAS

Workers Compensation

Personal Injury

Motor Vehicle Accidents

Wrongful Death

# Illinois Office Workers' Compensation Attorneys

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When most people think of **workers' compensation** claims, they don't think of office worker injuries. Because office workers typically sit at their desks throughout the day, they are perceived to be at very little risk of injury. **Construction worker injuries** are expected because working on at a construction site seems dangerous. On the other hand, an office does not seem to be a dangerous work environment. Working at your desk for long hours, however, can pose a significant risk of injury.

### Types of Office Worker Injuries

Working in front of a computer for 8 to 10 hours a day can be hazardous to your health. Doing so can cause such injuries as:

Carpal tunnel syndrome from using a computer keyboard.

Back and neck injuries from remaining in the same position for long periods of time.

Eye strain and headaches from staring at a computer monitor for hours at a time.

While office workers do claim injuries related to slip and fall accidents and other types of acute injuries, most office-related workers' compensation claims are for **repetitive trauma injuries**. In recent years, more attention has been paid to minimizing these types of office-related injuries. More companies are investing in equipment and office furniture that is considered more ergonomic. The Occupational Safety & Health Administration (OSHA) has also gotten involved issuing guidelines and a **checklist** for how to safely and comfortably work at a computer workstation.

### Job-Related Stress Injuries



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While not as common as repetitive trauma injuries, there are also office-related workers' compensation claims for heart attacks, strokes and psychological injuries due to job-related stress. These claims can be particularly difficult to prove, because there can be so many other risk factors for these conditions. The [Illinois Workers' Compensation Act](#) only requires work to be a "causative factor" in the injury, however.

An knowledgeable lawyer can help you determine if your injury is compensable under workers' compensation law. At [Ankin Law Office](#), we are experienced in working on a wide variety of workers' compensation claims. [Our attorneys](#) will evaluate your claim and help you get the [workers' compensation benefits](#) you deserve.