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Protecting the Rights of Working People Since 1954

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The First Steps You Need to Take When you Suffer an Injury At Work.

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If you are injured on the job, you may be entitled to benefits, including medical care, under the Illinois Workers' Compensation Act. However, in order to establish that you have a valid [workers' compensation claim](#) there are a few steps that you should follow, regardless of the type, form or nature of the injury or job you perform.

First, you must give notice to your employer of the injury. Oftentimes, an injured employee is hesitant to report an injury in the hopes that it will improve over time. Frequently, employees are uncertain about whether to inform their manager or employer because they do not want to be viewed as a complainer. However, workers' compensation laws require that an employee promptly give notice of the injury to his or her employer so that the employer is given the opportunity to adequately investigate the injury. The more time that passes between the injury and employer notification, the more room an employer has to dispute the claim on the grounds that the injury may have happened elsewhere.

Second, you should promptly seek medical attention. Not only should you seek medical attention immediately in order to minimize the severity of the injury, but a workers' compensation claim is also more likely to succeed if all pertinent information is recorded. An inadequate case and injury history can be detrimental to a workers' compensation claim. The doctor can treat your injuries and provide medical documentation of the injury, including the cause of the injury and the treatment that the injury will require.

Third, you should keep any and all documents you receive related to your injury. You, not your employer, are responsible for proving every part of your claim under the Illinois Workers' Compensation Act. The best way to do this is through paperwork. If you fill out an accident report for your employer, keep a copy for your own file. Also if your doctor completes a work status form for your employer, keep a copy for yourself. Do not turn your only copy of important documents to your employer. These types of documents, along with the name and phone number of every provider you treat with, can prove invaluable to winning your case if your employer ever disputes any aspect of the claim. An [experienced workers' compensation](#)

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[attorney](#) can help you make sure you have the very best case you can to prove you are entitled to workers' compensation benefits.

For all of the above issues, an experienced workers' compensation attorney can help you navigate through the workers' compensation system from start to finish. An attorney can provide you with information on applicable workers' compensation laws and can also document the injury and the accompanying medical treatment. At [Katz, Friedman](#), our lawyers represent many employees across a wide range of industries, including the [airline industry](#), with workers' compensation issues. We are particularly conversant in the workers' compensation issues affecting [flight attendants](#).