



Thank you for your Submission!

In this White Paper, you will Learn Important Tips, Tricks and Steps you Should Take after being Injured on the Job!

If you have any questions about Work Injury Prevention or want to learn more about our Physical Therapy Services, please visit

<http://www.pptandfitness.com>

Upon being injured, an employee should:

- **Immediately report the injury to their employer**
 - This is usually documented by Delaware's "*First Report of Injury*" form
 - Think of this form as the equivalent of a police report, it documents and legitimizes the injury for later investigation
 - If hospitalization or serious injuries are involved it is also mandated that the employer inform the mid-Atlantic region OSHA office within 24 hours of the injury

- **Contact a Delaware workers' compensation lawyer**
 - It is necessary to contact a Delaware attorney who regularly handles workers' compensation matters
 - No-matter how significant the injury, a Delaware workers' compensation attorney will:
 - Ensure the claim is set up with the insurance carrier
 - Handle all aspects of getting workers' compensation checks quickly and efficiently sent to the injured employee
 - Act as a go-between for the injured employee and the carrier to preserve the rights of the employee from any prejudice
 - The attorney will work to get the employee awards & agreements for injuries such as: permanency, disfigurement, & global commutation
 - The attorney will handle all aspects of the injured employee's claim when dealing with the Industrial Accident Board of Delaware
 - Etc.

- **If the injured employee is referred to the doctor/pharmacy/rehabilitation center by the employer, then the employee should not seek treatment with that doctor/facility**
 - That doctor/facility works for the employer, not the employee, and will work to downplay the injuries of the employee so as to limit the potential claim exposure for the employer
 - The employee should not discuss their injuries with a “Nurse Case Manager” or any other employee of the employer or the employer’s medical facility
 - All communication should be handled by the employee’s attorney, as a nurse case manager will act as a spy for the employer. The nurse case manager will attempt to elicit information from the injured employee and then use those statements against the employee to help the insurance carrier deny the workers’ compensation claim

- **Contact your primary care physician**
 - As with any injury it is critical to have a record of the injuries sustained, and a PCP will be able to begin that record-keeping process early on
 - Your PCP will also be able to give you orders for physical therapy, MRI evaluations, etc. which aids in minimizing the amount of time it takes to get the injured employee into a constant course of treatment

 - It is essential to treat with Delaware Certified Workers’ Compensation doctors
 - If treatment is performed out of state or by non-certified workers’ compensation doctors, the employer’s carrier will have no obligation to pay for the treatment by the non-certified provider
 - This is necessary to determine early on the true extent of any injury
 - To properly document the body part(s) injured, separate from the First Report of Injury
 - To document the severity and progression of the injury over the course of time and to create a treatment plan to address those injuries
 - To address any significant concerns with additional services such as: MRIs, CAT Scans, Nerve Conduction Studies, etc.
 - For serious injuries, referrals can be made to orthopaedic specialists and surgeons, depending on the body part injured
 - We will also work closely with your attorney, as an active and open course of communication is necessary for any claim with the Industrial Accident Board
 - Performance Physical Therapy + Fitness will be able to provide an assessment of the injuries independent of the influence of the employer