

Workers' Compensation Injury Response Checklist

Your Step-by-Step Companion
After a Workplace Injury



We're Here to Help You Navigate This

At Kneisler & Schondel Injury Law, we understand how stressful workplace injuries can be. This guide will walk you through each step of the process so you feel informed, confident, and supported.

Disclaimer: This guide is for informational purposes only and does not constitute legal advice. For specific advice about your case, consult a qualified attorney.

Immediate Steps After Injury

Report the Injury Promptly

- ☐ #1 Inform your supervisor immediately.
- ☐ #2 Request and start completing a DWC-1 Claim Form.



COMMON MISTAKE TO AVOID

Waiting too long to report your injury. Timely reporting supports your claim.



Document the Injury Properly

Complete the Claim Form. Include:

- ☐ #3 Date, time, and exact location.
- ☐ #4 Description of how it occurred.
- ☐ #5 Specific body parts or systems affected.



QUICK TIP

Always keep a copy
of your completed form
for your records.



Medical Attention and Follow-up

Seek Immediate Medical Care

- ☐ #6 Follow your employer's initial referral to an industrial medical provider.



COMMON QUESTION:
Can you choose your doctor?

Typically, employers initially select your medical provider, but options can change later.



Follow Medical Recommendations

Adhere Closely to Doctor's Orders

- ☐ #7 Follow work status instructions: off-work, modified duty, or full duty.
- ☐ #8 Obtain written documentation clearly outlining your work status.
- ☐ #9 Immediately inform your employer of any work restrictions



Critical Mistake to Avoid
Ignoring medical
instructions, potentially
jeopardizing your claim.



Understanding Disability Benefits

Know Your Eligibility

- ☐ #10 If unable to work or working with restrictions, confirm your eligibility for temporary disability benefits.



Did You Know?

The average duration of temporary disability in California varies significantly by injury and industry.



Watch for Claim Issues

Monitor for Delays and Denials.

Common issues include:

- Employer or insurer delays
- Denial of benefits without clear reasons



Did You Know?

If complications arise,
professional guidance can
help clarify your next steps.



Workers' Compensation Terms You Should Know

Temporary Disability Benefits: Payments received when a doctor says you cannot work because of your injury.

Maximum Medical Improvement (MMI): The point when your medical condition stabilizes.

Independent Medical Review (IMR): Review of medical disputes by independent doctors.

Self-Assessment Checklist

- ☐ Have you reported your injury immediately?
- ☐ Have you documented all details on your claim form clearly?
- ☐ Are you keeping track of your medical documentation?
- ☐ Do you know if you're eligible for temporary disability benefits?



Helpful Resources

California Division
of Workers'
Compensation

OSHA Worker
Rights and
Protections

Fast Facts About Workers' Compensation in California

Approximately **75% of workers** experience injuries on the job that significantly impact their lives. Understanding these statistics helps underscore the importance of proper injury response and legal support.

- Most common injuries are slips
- Manual labor jobs have higher risks
- Proper reporting reduces claim issues
- Legal help can maximize benefits

Many claims are initially denied due to incomplete documentation or late reporting.

- Prompt reporting and thorough documentation significantly increase the likelihood of a successful claim.

You Don't Have to Go It Alone

At Kneisler & Schondel Injury Law, we understand how stressful workplace injuries can be. We created this comprehensive guide to help you navigate the workers' compensation process clearly, confidently, and without confusion.

Attorney Matthew Schondel has spent over 31 years helping California workers receive the benefits they deserve. His insight informs every tip in this guide, giving you professional clarity at every step.

About Kneisler & Schondel

Since 1995, our mission is simple: To treat each case as if it's our own.

With three decades of real-world experience, including Matthew Schondel's background as a San Diego police officer and his certification in workers' comp law, we're your trusted advocates when the stakes are highest.



Meet Our Team

LAW OFFICE OF
KNEISLER & SCHONDEL

MATTHEW SCHONDEL

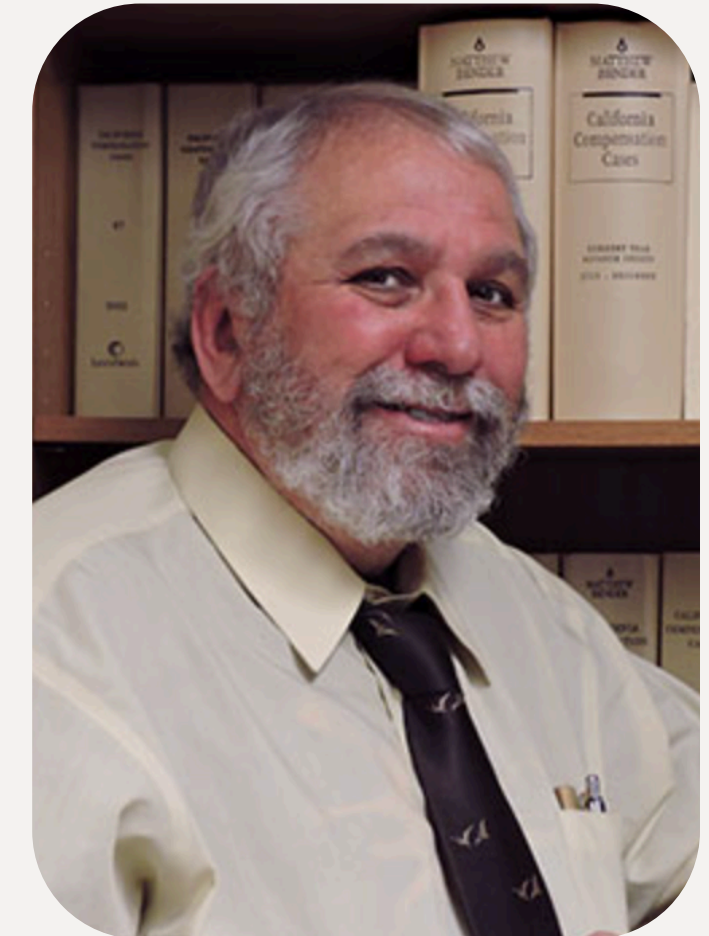
Founding Partner

GRISEL SANDOVAL

Case Manager

JOE ARCANGELINI

Case Manager



Still Have Questions?

Don't navigate this alone. **Schedule a complimentary consultation** with our experienced team of certified specialists in California workers' comp.

We'll review your case, answer your questions, and help you take confident next steps.

CONTACT US

LAW OFFICE OF
KNEISLER & SCHONDEL

“A judge I know told me, ‘A good lawyer knows the law. A great lawyer knows the judge.’ After years in local courts, I’ve come to know how our judges think and that helps my clients feel more confident.”

Matthew A. Schondel, Esq.