

What to do after a work injury in Pennsylvania

A Guide for Nurses in Pennsylvania

From lifting patients to slipping on wet floors, injuries are common in hospitals and long-term care settings. Here's what to do to protect your rights under PA's workers' comp system.

✓ Steps to Take After a Work Injury

- 1. Report the Injury Immediately**
 - Notify your charge nurse or supervisor as soon as the incident happens.
 - Fill out an incident report and keep a copy for your records.
 - Reporting within **21 days** helps you get benefits faster.
- 2. Seek Medical Treatment**
 - Even if you "power through," get checked by a doctor right away.
 - For the first **90 days**, you may have to treat with a facility-approved provider.
 - Be clear that your injury occurred **while performing your job duties**.
- 3. Document Everything**
 - Keep a personal injury log: symptoms, pain levels, missed shifts, and treatment notes.
 - Save all correspondence from your employer or insurance carrier.
- 4. Consult a Workers' Compensation Lawyer**
 - Hospitals and insurers have legal teams — you should too.
 - A lawyer can ensure your medical bills and lost wages are fully covered.

🕒 Key Deadlines to Know

- **21-Day Rule:** If you report your injury within 21 days, your benefits can start from the date of the injury.
- **90-Day Rule:** For the first 90 days, you may need to treat with an employer-approved doctor (if they've taken the proper steps). This is also the time period they can issue a temporary acceptance only.
- **120-Day Limit:** You must report your injury within 120 days or risk losing all rights to work comp benefits.

⚠️ Common Nursing Injury Traps

- Downplaying your injury out of guilt or team loyalty.
- Returning to work too soon under pressure.
- Trusting HR or risk management to "handle it."

You care for others every day — now let us care for you.

☎ **Get Help Protecting Your Claim** If you've been hurt at work, you don't have to go through it alone. Our law firm helps injured nurses across PA navigate workers' comp and get the benefits they deserve.

Call Files Law at 215-987-6452

or visit [Meet with Files Law](#) to schedule your **free** consultation today.