

# What to do after a work injury in Pennsylvania

## A Guide for Skilled Laborers in Pennsylvania

**Skilled trades keep Pennsylvania's infrastructure running.** Electricians, plumbers, carpenters, welders, HVAC techs, and other tradespeople face real risks every day — from heavy tools to ladders to live wires. If you get hurt on the job, here's how to protect your rights.

### ✔ Steps to Take After a Skilled Trade Injury

- 1. Report the Injury or Accident Immediately**
  - Tell your supervisor or project manager as soon as the injury happens.
  - Fill out a written report and **keep a copy** for your records.
  - Reporting within **21 days** keeps your benefits from being delayed.
- 2. Seek Proper Medical Care**
  - Even “minor” injuries (like back strains or electrical burns) can worsen — get checked immediately.
  - Your employer might require you to use a **panel doctor** for the first **90 days**.
  - Make sure the doctor knows this injury occurred **on the job**.
- 3. Track and Document Everything**
  - Take photos of the job site, tools, or materials involved.
  - Keep notes on symptoms, restrictions, and missed work.
- 4. Talk to a Workers' Comp Lawyer**
  - Construction and trade employers often push workers to return too soon or claim the injury wasn't work-related.
  - A lawyer ensures your benefits and medical coverage are fully protected.

### 🕒 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 Mistakes in the Trades

- Finishing the shift after an injury “to tough it out.”
- Failing to document the scene or witnesses.
- Signing off on forms without understanding them.

**You've built your craft — now let us build your case.**

📞 **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 workers 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.