

# What to do after a work injury in Pennsylvania

## A Guide for Union Workers in Pennsylvania

Union workers keep Pennsylvania running — and when you're injured on the job, you have the right to stand up for yourself and your brothers and sisters in labor.

### ✔ Steps to Take After a Work Injury

- 1. Report the Injury to Your Supervisor and Steward**
  - Notify your supervisor **and** your union steward immediately.
  - File a written report — documentation is your protection.
- 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. Keep Records**
  - Track all doctor visits, lost wages, and correspondence with management or insurance.
  - Keep your steward in the loop — they can help verify the injury and ensure fair treatment.
- 4. Talk to a Workers' Comp Lawyer**
  - Even with union support, a lawyer can protect your benefits and handle denials or delays.
  - Legal representation can work alongside your union, not against it.

### 🕒 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 Union Worker Mistakes

- Thinking your union grievance process covers your comp claim (it doesn't).
- Assuming your employer will automatically file the claim.
- Not following up after reporting the injury.

**Your job protects your community — now protect your rights.**

📞 **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.