

What to do after a work injury in Pennsylvania

A Guide for Warehouse & Factory Workers in Pennsylvania

Warehouse and factory jobs demand physical strength, but even the hardest workers can get sidelined by injuries — from heavy lifting to repetitive motion or machinery accidents. Don't wait to act if you've been hurt.

✓ Steps to Take After a Warehouse/Factory Injury

1. **Report the Injury or Accident Immediately to a Supervisor**
 - Report immediately — and in writing.
 - Keep a copy for your own records.
 - Reporting within **21 days** allows benefits to start from the injury date.
2. **Get Medical Care**
 - Use an approved provider if your employer has a list for the first **90 days**.
 - Clearly say your injury happened **at work** — even if it developed over time (like shoulder or back strain).
3. **Document Everything**
 - Take photos of the area or equipment involved.
 - Record your pain levels, restrictions, and missed time.
4. **Speak with a Workers' Comp Attorney**
 - Employers and insurance companies often downplay repetitive motion or overuse injuries.
 - An attorney can help make sure your injury is fully recognized and compensated.

🕒 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 Warehouse/Factory Mistakes

- Not reporting gradual injuries (like tendonitis).
- Letting supervisors "file it later."
- Returning to work before fully healed.

You keep production moving — let us keep your claim moving.

☎ **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.