

# Virginia Workers Compensation for the Injured Worker

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What to you do in Virginia if you suffer an injury at work?

First, you should report even trivial injuries to your employer immediately and make sure a written accident report is filled out and sent to the employer's insurance company.

Second, you should seek prompt medical attention for your injury. You do have a right to request the employer or his insurer to provide you a panel of three doctors from which to choose your treating doctor.

Second, you have two years from the date of your accident to file a claim with the Virginia Workers' Compensation Commission. If you have medical bills or lost time and the insurance company has not sent you an agreement to be filed with the Commission, it is your obligation as an injured worker to file a Claim for Benefits with the Commission within two (2) years of the date of your accident.

Third, if your claim is disputed by the insurance company, then you need to contact an attorney preferably an attorney who is experienced in Virginia Workers' Compensation Law.

Fourth, you need to know the Worker's Compensation Insurance Company is not the Commission. Thus, even though you have reported your claim to the insurance company that is not filing a claim. You file a claim by calling 1-877-664-2466 and requesting a Claim for Benefits form from the Virginia Workers' Compensation Commission. You fill this out and file it with the Commission. You need to include your relevant medical reports when you file a Claim for Benefits.

Fifth, the insurance company will want to take a recorded statement from you right after your accident. You may want to seriously consider consulting an experienced workers compensation attorney before you give such a recorded statement.

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Gerald G. Lutkenhaus has been practicing workers compensation law in Virginia for over 30 years. In 1999 he was recognized in Richmond Magazine as the best Workers' Compensation Lawyer in Central Virginia. He has received the highest rating by Martindale Hubbell, an organization that rates attorneys. For more information contact our web sites at <http://www.geraldlutkenhaus.com> or <http://www.virginiadisabilitylawyer.com>

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