

What to Do After a Work Injury in Florida

01

Get emergency help if needed.

02

Report the injury to your supervisor or employer immediately.

03

Put the report in writing by email, text, or letter.

04

Include the date, time, location, body parts injured, and how the accident happened.

05

Ask your employer to report the injury to the workers' compensation insurance carrier.

06

Request authorized workers' compensation medical treatment.

07

Save copies of all messages, forms, and medical notes.

08

Take photos of the accident scene and visible injuries, if possible.

09

Write down witness names and contact information.

10

Speak with a Florida workers' compensation attorney if your claim is delayed, denied, or ignored.