

Construction Accident Claim■Prep Checklist

Immediate Medical Steps

- Get treated at the nearest ER/clinic; keep every report & bill.
- Request a signed discharge summary and diagnostic results.

Evidence Preservation

- Photograph/video the scene, machinery, and safety gear.
- Save damaged equipment or clothing in sealed bags.
- Collect names and contacts of all eyewitnesses.

Official Reports & Notices

- File an incident report with your employer and keep a copy.
- Ask for the OSHA/local safety authority inspection number.
- Note your workers' comp notice deadline (write the date!).

Personal Documentation

- Start a daily pain & recovery journal—rate pain 1■10.
- Save all travel receipts, meds, and therapy invoices.
- Gather wage stubs, overtime logs, and bonus records.

Legal Preparation

- List at least three attorneys for free consultations.
- Prepare questions on contingency fees and case history.
- Bring this checklist and documents to each meeting.

Follow■Up & Deadlines

- Calendar key filing dates (workers' comp, civil suit).
- Schedule every medical follow■up appointment.
- Review & update this checklist weekly.