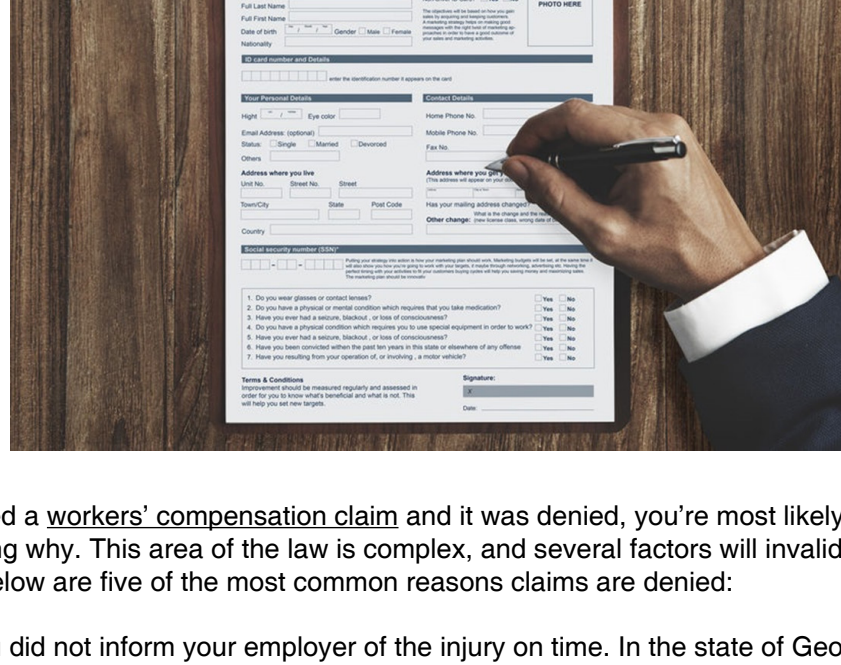




In This Issue...

- Why Was My Workers' Comp Claim Denied?
- Do's and Do Nots Regarding Social Media During Litigation
- Recipe of the Month: Roasted Butternut Squash Winter Salad with Kale, Farro & Cranberry Dressing
- What's Happening In & Around Atlanta

Why Was My Workers' Comp Claim Denied?



If you filed a [workers' compensation claim](#) and it was denied, you're most likely wondering why. This area of the law is complex, and several factors will invalidate your claim. Below are five of the most common reasons claims are denied:

1. You did not inform your employer of the injury on time. In the state of Georgia, you have 30 days after an injury on the job to inform your employer that you were hurt. Failure to report an injury promptly will allow your employer and the insurance company to argue that you weren't hurt on the job. It is also necessary for your employer to conduct an accident investigation which will be essential for your case. They cannot do that if you don't inform them of the accident.
2. You weren't injured at work. Only accidents that happen on the job are eligible for workers' compensation. If you were injured on your lunch hour or the commute to or from work your claim will be denied. The only possible exception is if you are injured at a work event or assignment that took place off-site from your company.
3. Your inappropriate actions contributed to your injury. If medical records show that you were under the influence of drugs or alcohol when you were hurt, chances are your claim will be turned down. Another common reason a claim is denied is if you were horsing around or participating in a practical joke or another non-work-related and inappropriate behavior.
4. You did not receive any medical treatment for your injury. A doctor's report and other medical records are an essential part of a workers' compensation case. If you did not see a doctor when you got hurt, you will have a difficult time proving your claim.
5. You did not have a qualified attorney experienced in workers' compensation cases representing you. While it's not necessary to have an attorney to file a claim, without one you may not understand the complexities of prosecuting a successful claim or neglect key avenues for proving your case. If your claim has been denied, asking a lawyer with an excellent record of winning these types of cases is a wise choice.

Do's and Do Nots Regarding Social Media During Litigation



If you are an injured worker and have filed a workers' compensation claim you should be aware of how social media can be used against you. While Facebook, Twitter, Instagram, and other social media platforms have become very popular ways of sharing information, they can be detrimental to your case. Below are some do's and do not's to help you avoid damaging your chances of [getting the compensation](#) you are entitled to for your on-the-job injury.

Don't: delete any posts, emails, accounts, or other items that have already been published. This can be construed as an attempt to destroy evidence and can be used against you.

Don't: use any social media accounts at all while you are being represented by a lawyer and are involved in litigation for a workers' compensation claim.

Do: review your privacy settings on all existing social media accounts and change them to the highest, most private level possible.

Don't: accept any new friend or follower requests once you are being represented by an attorney. Insurance companies may try to gain access to your social media accounts and personal profile.

Do: ask family members and friends not to "tag" you in social media posts. These posts will show up in people's feeds and enable others to see where you are and what you are doing. If you do see that you have been tagged, un-tag yourself immediately.

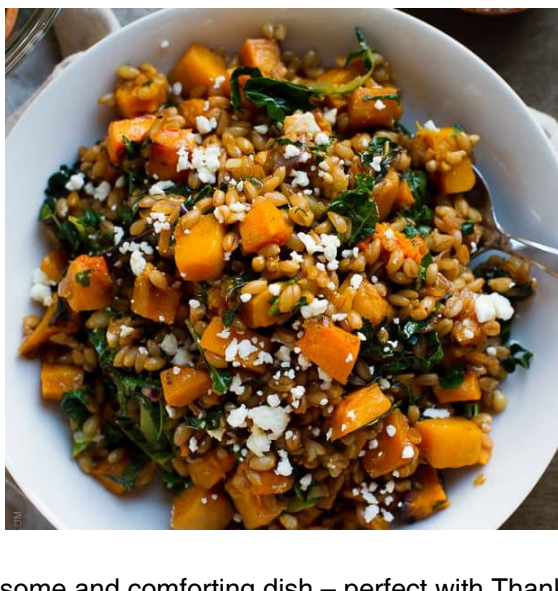
Do: monitor your accounts and let your attorney know if your employer or a co-worker is posting anything about you.

If you or a family member have been injured on the job in a [construction site accident](#), a [slip and fall accident](#) or any other work-related incident [The Law Offices of Brian H. Sumrall](#)—Atlanta's Workers' Compensation Attorney—is where you should turn. Our expert legal team will handle your claim to help you recover [lost wages](#) and also file [workers' compensation appeals](#) as needed. Get the compensation you need to cover your expenses and take care of yourself and your family. Call 404-857-3835 24/7 for your free, no-obligation consultation today.



Recipe of the Month

Roasted Butternut Squash Winter Salad with Kale, Farro & Cranberry Dressing



This salad is a wholesome and comforting dish – perfect with Thanksgiving turkey, as a side for a delicious winter meal, or as a wholesome lunch on its own.

Ingredients for the Salad

- 1 butternut squash peeled, seeds removed and diced into 1/2-inch cubes
- 4 cloves garlic
- 4 tablespoons olive oil divided
- 2 cups farro
- kosher salt
- freshly ground black pepper
- 1 tablespoon butter
- 1 shallot finely diced
- 3 cups kale finely shredded
- 1/4 cup feta cheese

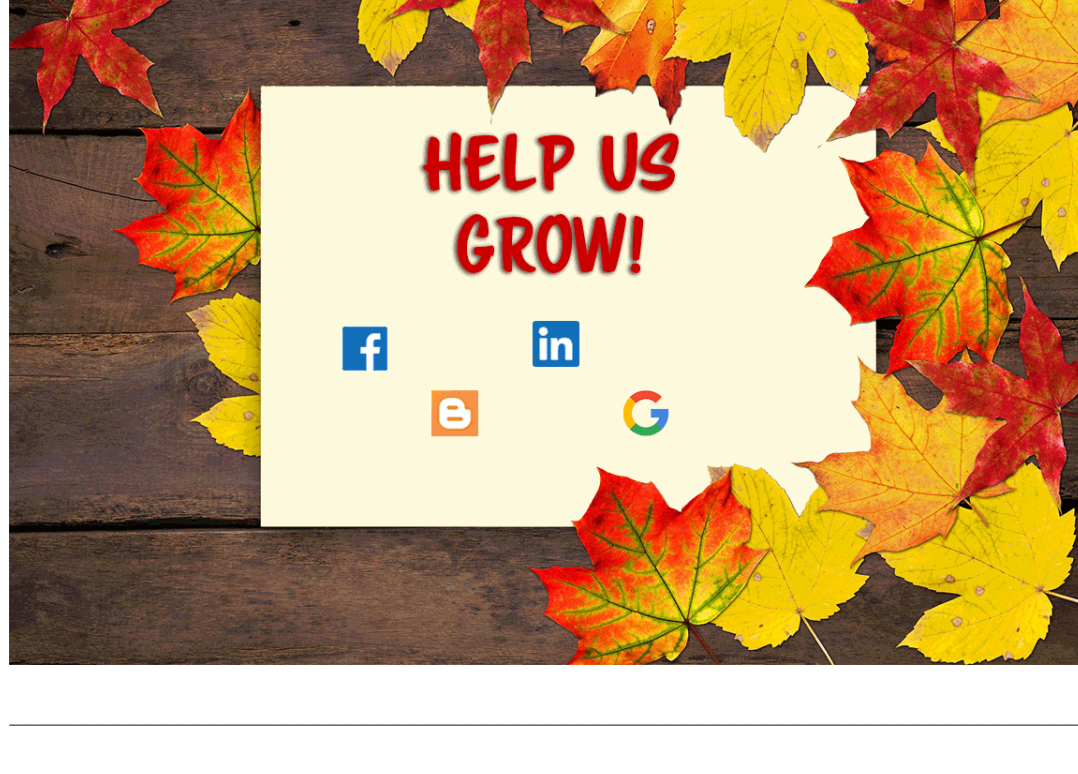
Ingredients for the Dressing

- 3 tablespoons balsamic vinegar
- 2 tablespoons unsweetened cranberry juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup olive oil

Directions

1. Preheat the oven to 400°F.
2. Placed the butternut squash and garlic on a rimmed baking sheet, drizzle with about 2 tablespoons olive oil, season with salt and pepper, and toss well, using your hands to evenly coat the squash. Roast the squash in the oven for about 15-20 minutes, or until fork tender.
3. While the butternut squash and garlic roasts, place the farro and about 4-5 cups of cold water in a saucepan, season generously with kosher salt, and bring to a boil over medium high heat. Once the farro comes to a boil, lower heat to a simmer, cover, and let the farro cook for up to 40 minutes, or until the farro has bloomed. Check your farro package for instructions, as some farro may cook faster/longer.
4. When the butternut squash is tender, remove from the oven and set aside. Squeeze the garlic out of the peel into a small bowl, mash with a fork, and set aside. Discard garlic peel.
5. In a deep sided saute pan, heat remaining 2 tablespoons olive oil and butter over medium-low heat. Once the butter is melted, add the shallots and roasted garlic, and cook for a minute or two, or until the shallots are translucent. Stir in the kale, butternut squash, and farro. Season to taste with salt and pepper. Remove from heat and let it sit while you make the cranberry dressing.
6. In a small bowl, whisk together the balsamic vinegar, cranberry juice, salt, and pepper. While whisking, slowly drizzle in the olive oil. Stir in about half of the dressing into the warm salad. Stir in the feta cheese.
7. Transfer the salad to a serving dish and serve warm, with additional dressing on the side.

Recipe courtesy of [kitchenconfidante.com](#)



What's Happening In & Around Atlanta

The COVID-19 pandemic has caused many large events to be cancelled or postponed. To ensure public safety, we would like to encourage you to enjoy some socially distant activities in your area.

[Krog Street Tunnel](#)
Atlanta, GA

[High Museum of Art](#)
Atlanta, GA

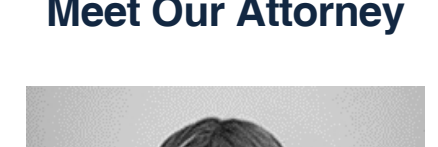
[Jaemor Farms Corn Maze](#)
Alto, GA

[Buford Corn Maze](#)
Buford, GA

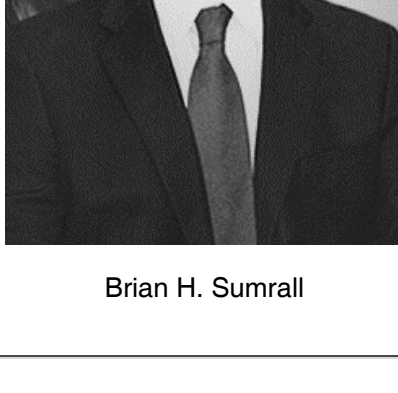
[North Georgia Wildlife Park & Zoo](#)
Cleveland, GA

[Georgia Aquarium](#)
Atlanta, GA

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