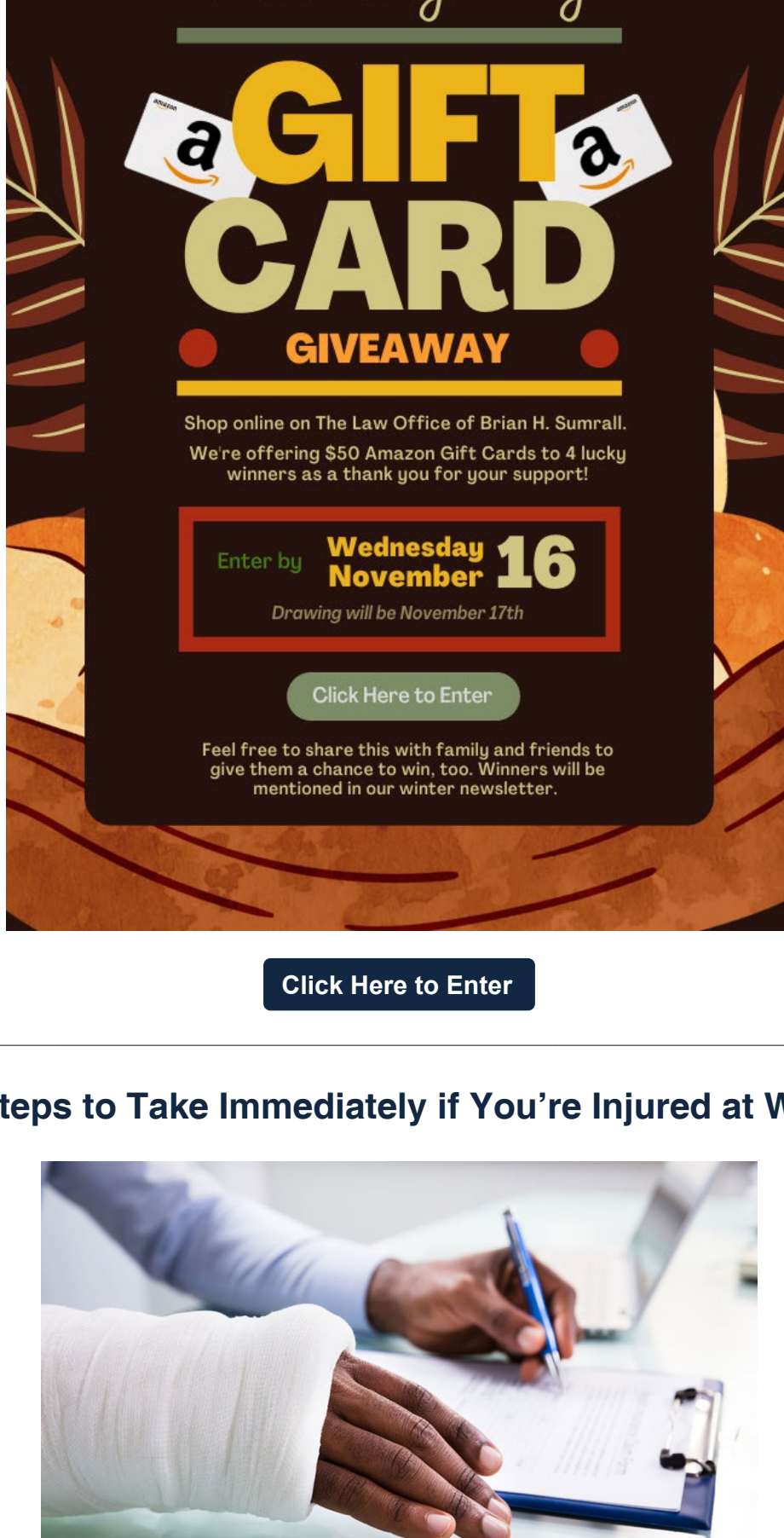


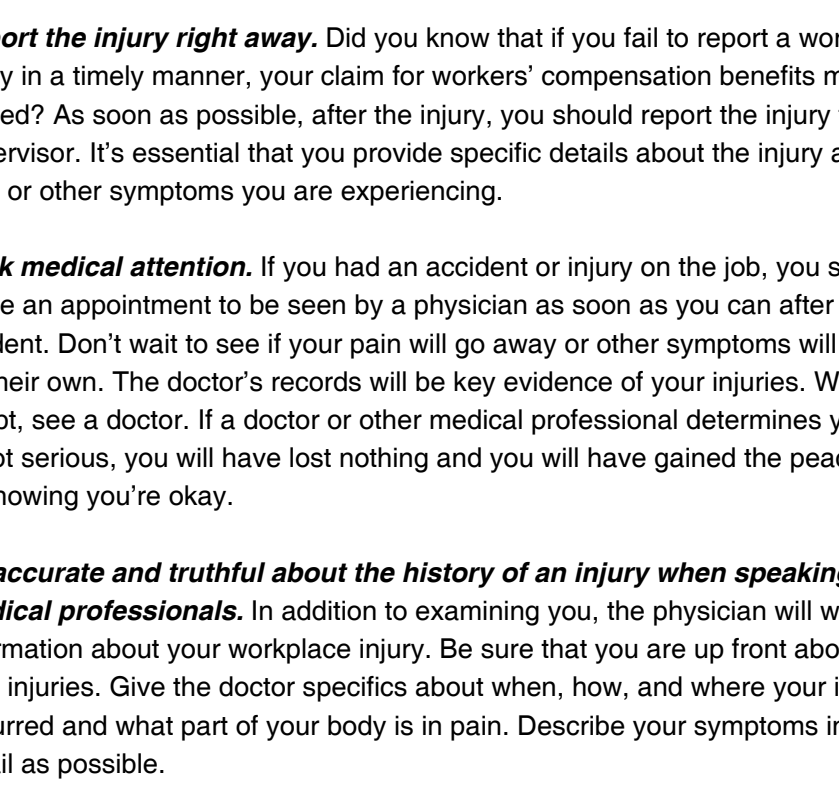
## In This Issue...

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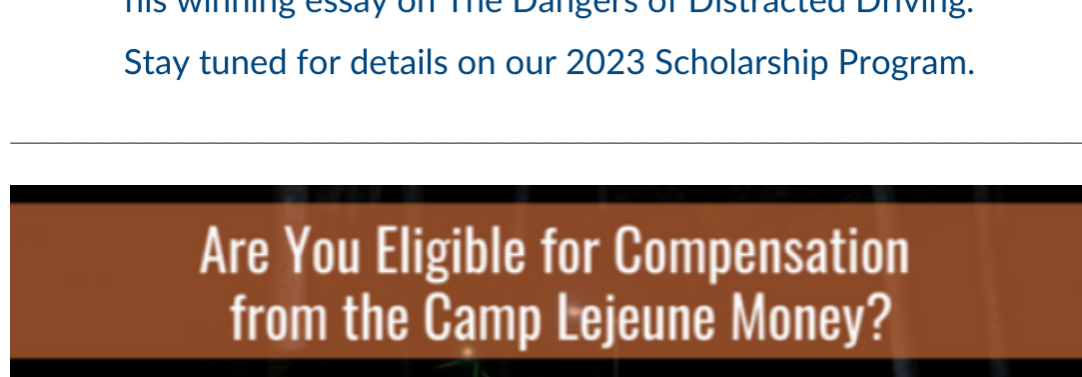
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## 4 Steps to Take Immediately if You're Injured at Work



An injury on the job is always unexpected and can leave you in shock and unsure of what to do. Your initial actions following an accident or work injury can be critical in the success of your workers' compensation case. Below are four important steps to take right after a job-related injury occurs.

1. **Report the injury right away.** Did you know that if you fail to report a work-related injury in a timely manner, your claim for workers' compensation benefits may be denied? As soon as possible, after the injury, you should report the injury to your supervisor. It's essential that you provide specific details about the injury and the pain or other symptoms you are experiencing.
2. **Seek medical attention.** If you had an accident or injury on the job, you should make an appointment to be seen by a physician as soon as you can after the incident. Don't wait to see if your pain will go away or other symptoms will get better on their own. The doctor's records will be key evidence of your injuries. When in doubt, see a doctor. If a doctor or other medical professional determines your injury is not serious, you will have lost nothing and you will have gained the peace of mind of knowing you're okay.
3. **Be accurate and truthful about the history of an injury when speaking to medical professionals.** In addition to examining you, the physician will want information about your workplace injury. Be sure that you are up front about any past injuries. Give the doctor specifics about when, how, and where your injury occurred and what part of your body is in pain. Describe your symptoms in as much detail as possible.
4. **Contact an experienced workers' compensation attorney.** Do not be afraid that you will insult or anger your employer by contacting a lawyer to take a look at your case. You can be certain that your company has attorneys to protect them. Your lawyer can make sure your insurance company is in compliance with the Georgia Workers' Compensation Act. Your attorney will be by your side throughout the entire process to ensure you get the compensation you are entitled to and to help you through any difficult situations such as a denied or rejected claim.



## Congratulations 2022 Scholarship Program Winner!

Congratulations to **Ashton Fernandez**  
The Winner of our 2022 Scholarship Program.

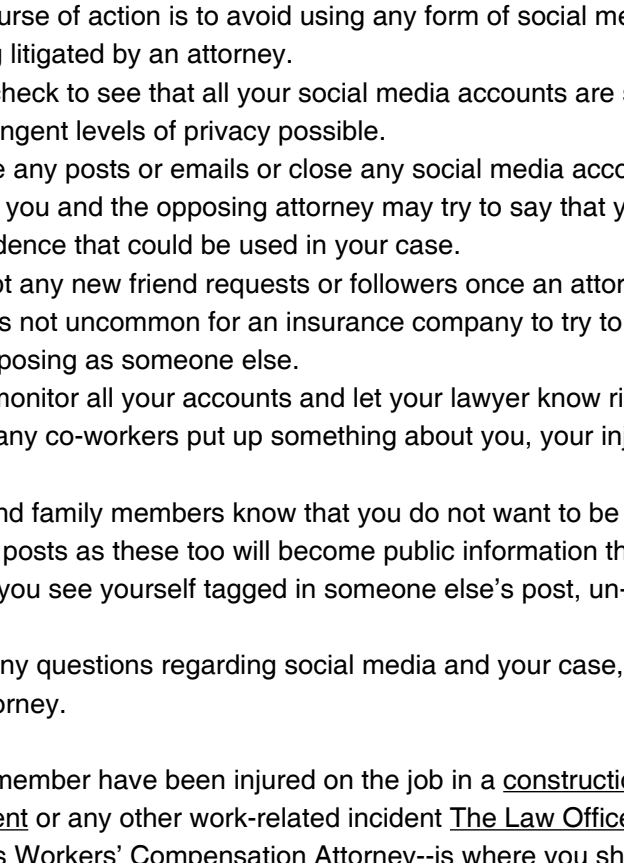
Ashton will receive \$1000 towards college tuition for his winning essay on **The Dangers of Distracted Driving.**

Stay tuned for details on our 2023 Scholarship Program.



[Click Here for Free Consultation](#)

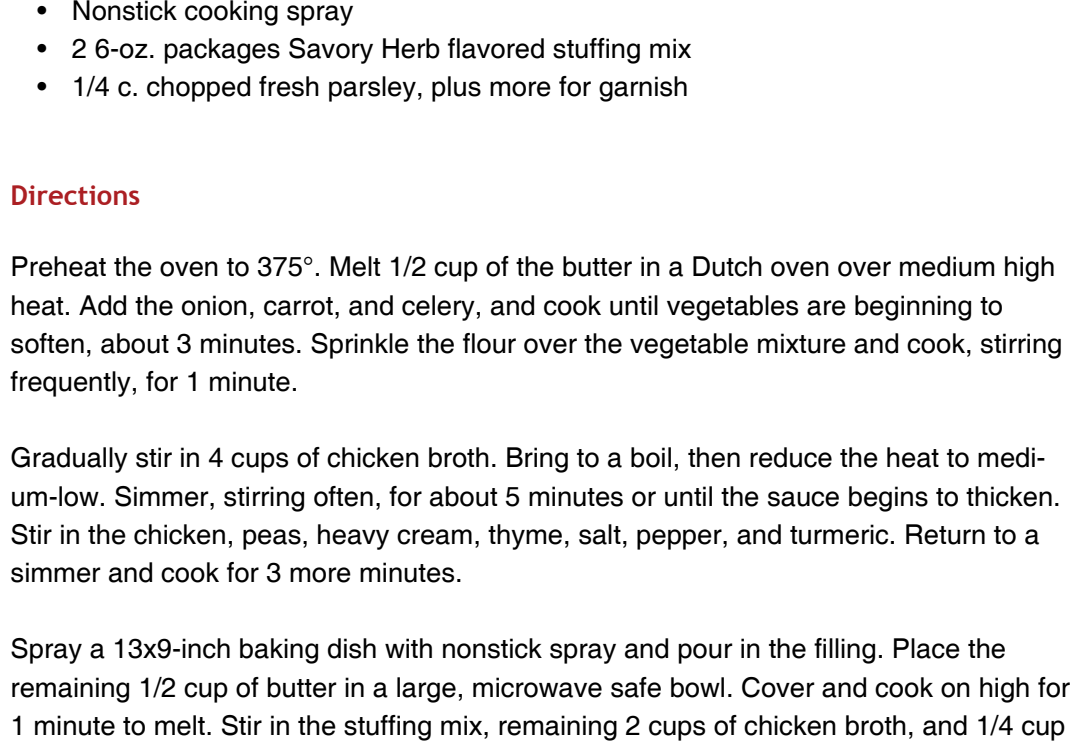
## Can Facebook Damage Your Workers' Compensation Case?



The answer is yes. And so can Twitter, Instagram, and other social media platforms. Posts, photographs, and written material from social media can be submitted as evidence against you in a workers' comp case. The material posted on these sites can be misconstrued and may portray you in a way that is contrary to the claims of your case. Below are some tips regarding social media that can protect your claim:

- Your best course of action is to avoid using any form of social media while your case is being litigated by an attorney.
- You should check to see that all your social media accounts are set at the highest and most stringent levels of privacy possible.
- Don't remove any posts or emails or close any social media accounts. This may be used against you and the opposing attorney may try to say that you were trying to get rid of evidence that could be used in your case.
- Do not accept any new friend requests or followers once an attorney is handling your case. It's not uncommon for an insurance company to try to get access to your accounts by posing as someone else.
- You should monitor all your accounts and let your lawyer know right away if your company or any co-workers put up something about you, your injury incident, or the case.
- Let friends and family members know that you do not want to be "tagged" in their social media posts as these too will become public information that others will have access to. If you see yourself tagged in someone else's post, un-tag yourself right away.
- If you have any questions regarding social media and your case, be sure to check with your attorney.

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 Chicken and Stuffing Casserole



### Ingredients

- 1 c. salted butter, divided
- 1 c. chopped onion
- 1 c. chopped carrot
- 1 c. chopped celery
- 1/2 c. all-purpose flour
- 6 c. low-sodium chicken broth, divided
- 4 1/2 c. shredded cooked chicken
- 1 c. frozen peas
- 1/2 c. heavy cream
- 1 tbsp. chopped fresh thyme
- 3/4 tsp. salt
- 1 tsp. pepper
- 1/4 tsp. ground turmeric
- Nonstick cooking spray
- 2 6-oz. packages Savory Herb flavored stuffing mix
- 1/4 c. chopped fresh parsley, plus more for garnish

### Directions

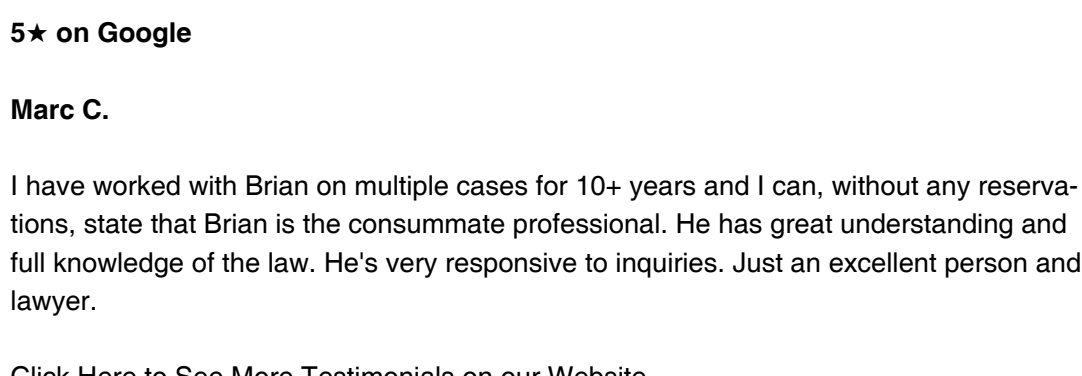
Preheat the oven to 375°. Melt 1/2 cup of the butter in a Dutch oven over medium high heat. Add the onion, carrot, and celery, and cook until vegetables are beginning to soften, about 3 minutes. Sprinkle the flour over the vegetable mixture and cook, stirring frequently, for 1 minute.

Gradually stir in 4 cups of chicken broth. Bring to a boil, then reduce the heat to medium-low. Simmer, stirring often, for about 5 minutes or until the sauce begins to thicken. Stir in the chicken, peas, heavy cream, thyme, salt, pepper, and turmeric. Return to a simmer and cook for 3 more minutes.

Spray a 13x9-inch baking dish with nonstick spray and pour in the filling. Place the remaining 1/2 cup of butter in a large, microwave safe bowl. Cover and cook on high for 1 minute to melt. Stir in the stuffing mix, remaining 2 cups of chicken broth, and 1/4 cup parsley. Let stand 2 minutes or until stuffing mix has absorbed the broth.

Top the chicken mixture evenly with the stuffing mixture. Bake for 30-35 minutes or until golden brown on top and bubbly around the edges. Let stand 15 minutes. Sprinkle with additional chopped parsley before serving.

Recipe courtesy of [The Pioneer Woman](#)



## What's Happening In & Around Atlanta

**Nov 18**  
**Manchester's Orchestra The Stuffing**  
Fox Theatre

**Nov 19 – 20**  
**Champions of Magic**  
Cobb Energy Performing Arts Center

**Nov 27**  
**Mannheim Steamroller Christmas**  
Fox Theatre

**Dec 9 – 26**  
**The Nutcracker – Atlanta Ballet**  
Cobb Energy Performing Arts Center

**Jan 13**  
**Frank Valli & The Four Seasons**  
Cobb Energy Performing Arts Center

**Jan 27 – 29**  
**Riverdance**  
Fox Theatre

## Check Out What Others are Saying about The Law Office of Brian H. Sumrall



### 5★ on Google

#### Antoine B.

Not enough stars on here to rate Brian. Above and beyond describes his comments to clients. Hand down The Best is all I can say. Thanks again Brian.

### 5★ on Google

#### Marc C.

I have worked with Brian on multiple cases for 10+ years and I can, without any reservations, state that Brian is the consummate professional. He has great understanding and full knowledge of the law. He's very responsive to inquiries. Just an excellent person and lawyer.

[Click Here to See More Testimonials on our Website.](#)

## A MESSAGE FROM ATTORNEY BRIAN H. SUMRALL

I have been practicing primarily in the area of workers' compensation for almost twenty years. However, if you or a friend/family member have any other legal needs, please reach out to me to see if I can assist. I work with a team of expert attorneys in all fields including personal injury, tractor trailer and motor vehicle accidents, and premises liability.

If you have been injured by the negligence of a third party, please contact my office to see if I can help. My goal is to provide all current and prior clients with the best legal services no matter what their need. Call me today at 404.857.3835 with all your legal needs

## Meet Our Attorney



Brian H. Sumrall



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Monday - Friday: 7:00am - 5:00pm

[www.workerscompattorneysatlanta.com](http://www.workerscompattorneysatlanta.com)

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