

THE LAW OFFICE OF
BRIAN [H] SUMRALL

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Are You Suffering from a Repetitive Stress Injury?



When you think about workplace injuries what do you envision? [Slipping](#) on a wet floor? Being hurt in an [engine explosion](#) or motor vehicle accident? The largest single category of workplace injuries is repetitive stress injuries (RSI) that occur from repeating one motion or task over a long period of time. According to the Occupational Safety and Health Administration (OSHA), there are over 100 kinds of job-induced RSIs and U.S. workers have a one in eight chance of developing one of them over their lifetime.

Common RSIs

Repetitive activity doesn't have to be strenuous to cause an RSI, although jobs that require the use of heavy tools, frequent lifting, or reaching can result in this type of injury. The most frequent RSIs currently, however, are due to the use of computers in the workplace. Working on a keyboard all day at high speed with few breaks can lead to hand and arm conditions such as carpal tunnel syndrome, tendonitis, and bursitis. Cashiers, assembly line workers, drivers, mechanics, and other jobs that require you to stay in one position and repeat a motion over and over can cause an RSI.

Documenting Your RSI

Many people mistakenly think that their symptoms are just “part of the job” or “part of the aging process.” These types of injuries, however, can cause severe pain and disability and may affect your ability to do your job and perform everyday tasks. Workers’ compensation is available to help in these situations. There are a few steps you should take to build your case:

- Pay attention to early warning signs of a developing RSI. These can include dull aches or pains in digits or limbs, tingling or numbness, weakness, loss of grip or coordination, and fatigue. Symptoms may be intermittent at first.
- Keep a log of the symptoms you experience when they occur and what activities you were performing at or before the discomfort began.
- Notify your employer and complete the necessary workers’ compensation paperwork as soon as you suspect an RSI – although the exact date of this type of injury may be difficult to pinpoint, there are time limits for filing. Laws prohibit employers from penalizing workers for filing claims so don’t be concerned that you are jeopardizing your job by doing so.
- Seek medical care as soon as your symptoms are noticeable and begin to impact your ability to perform necessary tasks.

If you believe you may be suffering from an RSI, it’s best to contact an [experienced workers’ compensation attorney](#) to find out how to best pursue your claim.

6 Common Causes of Workers’ Compensation Claims



Most of us don't head off to work wondering if we'll get hurt on the job and yet, everyday thousands of employees suffer work-related injuries that require medical attention and can result in long-term pain, need for medical treatment, and loss of wages. Being injured on the job is stressful and the laws and regulations governing workers' compensation claims can be confusing. If you have been hurt or are suffering from a disability that you believe is related to your job, it's best to contact an [attorney experienced in workers' compensation](#) cases.

In addition to repetitive stress injuries discussed above, here are six other common causes of workplace injury:

1. ***Slip and Fall Injuries*** – this category represents most of the workers' compensation claims in the U.S. These injuries can happen when there are uneven surfaces in the workplace or if there has been a spill that makes a floor slippery or an object obstructing your path. Injuries caused by [slips and falls](#) can range from minor cuts to broken bones and serious traumatic brain and spinal cord injuries.

2. **Motor Vehicle Accidents** – driving any type of vehicle for work–related purposes can lead to a [motor vehicle accident](#). The accident need not take place on the premises. If you are driving for work and get into an accident you may also be eligible for workers’ compensation.
3. **Machinery Accidents** – many jobs involve the use of heavy equipment or machines for manufacturing, demolition, or other tasks.
4. **Falling Objects** – almost every workplace has this danger present. This can include items falling off shelves in a store, a file cabinet tipping over, or falling [construction site](#) debris.
5. **Toxic Exposure** – this is a risk of you working with dangerous chemicals or caustic substances. These include industrial–grade cleaning products and lawn care treatments.
6. **Burns** – injuries sustained from hot surfaces, open flames, and caustic chemicals all fall into this category.

Although these are the most common types of workers’ compensation injuries, any event at or related to your job that injures or causes disability should be discussed with an [attorney](#) to determine if you are entitled to compensation.

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:
Chard and Gruyère Eggs in the Hole**



Power up your next brunch with this delicious breakfast favorite. Colorful swiss chard is jam-packed with vitamins and minerals and is an excellent source of dietary fiber.

Ingredients

- 6 sourdough bread slices
- 3 tbsp. butter
- 1 bunch (about 6 oz.) rainbow chard, trimmed, chopped
- 6 large eggs
- 4 oz. shredded Gruyère cheese

Directions

- Preheat oven to 425°F. Spray large baking sheet with nonstick cooking spray.
- With 2 1/2-inch-wide round cookie cutter, cut holes from centers of bread slices. Arrange bread and cutouts on prepared baking sheet. Bake 5 minutes or until slightly dry, turning bread over halfway through.
- In 12-inch skillet, melt butter on medium. Add chard and 1/4 teaspoon salt; cook 8 to 10 minutes or until stalks are crisp-tender, stirring occasionally. Divide chard among bread slices, spreading around holes. Add egg to each hole; top each with pinch of salt and pepper. Sprinkle Gruyère over chard and cutouts.
- Bake eggs 8 to 12 minutes or until whites are set but yolks are runny. Serve immediately.

Recipe courtesy of goodhousekeeping.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 outdoor activities in your area.

[Arabia Mountain](#)

[Center for Puppetry Arts](#)

[Autrey Mill Nature Preserve & Heritage Center](#)

[Georgia Aquarium](#)

[North Georgia Wildlife Park & Zoo](#)

[Fernbank Science Center](#)

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