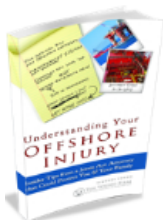


Offshore Injury Aftermath Tip Sheet

1. **Report the injury to your supervisor or captain & complete an accident report.** You should report your injury ASAP. Make sure your report is complete and accurate, and do not sign anything that says the accident was your fault. You should be wary of agreeing to reports that lay all the blame on you. If you neglect to properly inform your superiors of your injury, it could hurt your career and your chances of getting your medical bills covered. The U.S. Coast Guard offers a [Report of Marine Accident, Injury, or Death](#).
2. **Get medical attention immediately.** It isn't always clear how extensive your injuries are until you see a doctor. Delaying medical care could increase your chances of further injury. It is also recommended that you follow up on your injury a week or two after the accident as some injuries may not show up on MRIs and X-rays immediately after your accident. You should also seek a second opinion from a doctor you trust and not only receive care from the company doctor.
3. **Get contact information of witnesses.** Hopefully you will not need this information, but if the company refuses to pay for your medical care or tries to blame you for the accident, having witness accounts of your accident could save your career. Try to get witness addresses and phone numbers and, if possible, get back up information in case they move or change phones.
4. **Do not give a recorded statement.** You are not required to give a recorded statement to the insurance adjuster/representative after your accident. Immediately after your accident is not the time to be giving recorded statements as you will most likely be disoriented, in pain, and unable to provide an accurate account of events. Furthermore, it may be the company's intention to twist your words around or to edit the recording to make it sound like the accident was your fault. It is best to simply wait and give a recording later under the supervision of legal representation.
5. **Do not sign any documents.** You should not sign anything that you do not understand or agree with. These documents could be a way to pin the accident on you. If you are confused by the documents, you should show them to a lawyer or other unbiased, authoritative source.
6. **Keep records of everything.** You should keep copies of every document you submit or sign, keep a log of everything that happens immediately after the injury and the months following, and write down everything your company, doctor, insurance agent, etc. tells you. These records could potentially save you from trouble later.
7. **Take pictures.** If at all possible, you should take pictures of the area of the accident, and make note of anything dangerous or improper. If you are unable to do this after your accident, ask a trusted co-worker to do so for you.

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