

When discussing injuries in the workplace, many people immediately think of factories, construction sites, industrial settings, and other blue-collar environments. While it is true that blue-collar workers are more likely to suffer a workplace injury, anyone who is injured while at work may be eligible to receive workers' compensation benefits. Reviewing the most common type of workplace injuries, their causes, and how it impacts the claim process can help people understand that they may be entitled to compensation. If you are unsure as to whether you are eligible for benefits, a [workers' compensation attorney](#) can review your case and provide an assessment.

## Common Workplace Injuries

Almost all workplace injuries fall into one of the categories discussed below.

### Falls

Many serious injuries such as [bone fractures](#), concussions, [spinal injuries](#), and [traumatic brain injuries](#) result from falls at work. This includes common slip or trip and fall type accidents as well as falls from height due to missing railings or other safety protections. If you were injured in a fall in the course of performing your job, you may be entitled to workers' compensation.

### Injuries Caused by Falling Objects

Many workplace injuries are caused by falling objects such as falling tools, falling merchandise, or other heavy objects that can cause serious injuries when they strike workers. Falling objects often cause injuries to the head and brain but can also result in crushed appendages.

### Motor Vehicle Accidents

[Motor vehicle accidents](#) are a common cause of injury for many workers. This can include people who work in the transportation industry who drive as part of their job, but can also include people who are regularly exposed to traffic such as road construction workers. Regardless of what your job may be, you may be entitled to workers'

compensation if you were injured in a work-related motor vehicle accident.

## Overexertion

Many workplace injuries result from overexertion – pulling or pushing too hard or attempting to lift objects that are too heavy. Overexertion can lead to strains, sprains, pulled muscles, back injuries, and other problems. While overexertion injuries are more common among laborers, anyone is hurting themselves when they are physically straining while completing a task.

## Repetitive Use Injuries

Some injuries are the result of wear and tear on the joints or other parts of the body over time rather than a single incident. These repetitive use injuries are typically the result of a worker performing the same motion or task many times over the course of a given day. Examples of repetitive use injuries include carpal tunnel syndrome, herniated disks, and [bursitis](#). In order to receive workers' compensation, you will need to demonstrate a connection between your injury and your job.

## Machinery and Equipment Injuries

Power tools and heavy machinery can cause catastrophic injuries to workers, such as crushing or amputation of limbs. These injuries typically require extensive medical treatment and often result in permanent disabilities.

## Environmental Injuries

Many workers suffer serious illnesses and injuries as a result of being exposed to toxic substances or environments. Dangerous chemicals can cause burns when exposed to the skin and respiratory issues and other illnesses when inhaled or ingested. Illnesses and injuries can sometimes result from proximity or prolonged exposure if the worker is not wearing proper protective gear or there is a spill or similar accident.

## Workplace Violence

Many people do not realize that violence in the workplace accounts for many on-the-job injuries. Workers who deal with the public in high-stress situations are especially at risk, such as emergency room healthcare professionals, security personnel, police officers, and other first responders.

## Emotional and Psychological Trauma

People who work in high-stress, life-or-death situations are at risk of suffering harm to their mental health over time. However, workers who witness specific traumatic events can also suffer harm to their mental health which requires time off from work and medical treatment. You may be able to pursue a claim for workers' compensation if you are experiencing depression, anxiety, PTSD, or similar illnesses as a result of your job.

## Your Injury and Your Workers' Compensation Claim

In some cases, pursuing a claim for workers' compensation is a smooth process. Your employer files the claim and you receive your benefits. In many other cases, however, the process can be much more challenging.

In order to receive workers' compensation benefits, you must prove is that your injury was sustained in the performance of your job. This is relatively simple when you have suffered an injury in a workplace accident that was witnessed by others. Unfortunately, proving that your injury or illness is work-related can be much more difficult in the following cases:

- You were alone when you were injured
- You have suffered an overexertion or repetitive use injury
- You have suffered an injury due to prolonged exposure to a toxic substance or environment
- You are suffering work-related emotional or psychological trauma
- Your work-related injury involves a prior injury
- There is a dispute over whether you were performing your job when you were injured

If you fall into one of these categories or are experiencing any resistance to your claim, you should discuss your case with a workers' compensation attorney as soon as possible. They can help you gather the evidence you need to support your claim so that you can get the compensation you need as soon as possible.

## Need to Talk to a Workers' Compensation Attorney? Call Martin & Jones

At Martin & Jones, we have decades of experience in helping injured workers get the workers' comp benefits they need. We understand the challenges you are facing, and, we know how to get results. To talk to a workers' compensation attorney at our firm, call us today at 800-662-1234 or [contact us online](#) to schedule a free consultation.

