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Discrimination and Workers' Compensation

The law dictates that when an employee has a work-related injury or illness, the employer must cover the cost of any necessary medical care and reimburse the employee's lost wages during this period. When they discriminate against you for taking advantage of your right to compensation, they are committing a crime.

Your employer may occasionally dismiss or demote employees who want workers' compensation. Some employers might oppose being held accountable for the employee's continuous medical care or compensating them for lengthy time away from work. In other instances, your employer or their insurance provider may try to prevent workers' compensation claims from being filed by employees or delay such claims.



Employees in the US are shielded from discrimination if they pursue workers' compensation benefits.

The Different Types of Discrimination

How employees can be discriminated against can range from finding a cause to keep an injured person from returning to employment to quietly taking away their duties. Your employer may discriminate or retaliate against you in the following manner:

- Cutting pay or sidelining you because of filing a claim.
- Denying you a promotion or even demoting you
- Terminating or laying you off
- Creating hindrances in the claim procedure
- Threatening you

You may consider speaking with a [workers' compensation lawyer](#) to understand more about your rights and your alternatives for combating unethical behavior if your company's treatment toward you begins to change as soon as you file for workers' compensation.

Your workers' compensation attorney will thoroughly investigate your case, including an in-depth review of your employer, and any related prior suits, discriminations, demotions, or terminations. Unfair terminations or demotions after workers return to work are common problems.

It is crucial to remember that companies can still take reasonable action against an employee. Employees who perform poorly or have a poor attendance history after a workers' compensation claim may be demoted, moved, or legally dismissed.

Is anyone around you being discriminated against?

If you think someone is being discriminated against, keep your emotions in check and avoid saying anything that can adversely affect you in court. Consult a lawyer as soon as you can. All correspondence, talks, or events that could serve as evidence of prejudice should be documented. You could require other employees to act as witnesses.

By taking action, you will make the workplace better for other workers like you and guarantee that you get the financial support you need to recover from an injury or illness. If you believe you are facing prejudice after filing your workers' compensation claim, contact a workers' compensation attorney immediately.

The team at [Kenton Koszdin Law Office](#) in Van Nuys has decades of experience navigating the complex California workers' compensation system and federal Social Security disability system. Our [attorneys](#) are on a mission to help injured workers avoid becoming victims of companies and their insurance providers. Get started on your claim today!

From My Blog:

How Long Does It Take for Social Security Disability Benefits to Start?

Applicants often ask, "how long does it take to get disability in California?" The time SSA takes to start your disability benefits depends on many factors, including your disability, work history, and whether you have a Social Security lawyer.

When you suffer from a disability, your future is uncertain. Your disability must prevent you from working or training for work to receive disability benefits. This means you must live off your savings while waiting for your claim to get approved. Knowing how long you might have to wait for benefits is an important part of the process.



[Click here to read more](#)

Southern California's Little-Known Amusement/Theme Parks

California's lesser-known theme parks and places offer distinctive recreational experiences, including historic oceanfront parks and wild adventures. Several are smaller and less crowded than the larger theme parks, making them convenient to visit in a single day, especially if you are traveling with young kids.

Our comprehensive selection of Southern California theme parks & attractions is perfect if you are searching for something entertaining to do this weekend, whether you are looking for family-friendly vacation spots or the wildest adrenaline experiences.

Pacific Park, Santa Monica

One of the most recognizable sights in Los Angeles County may be seen when strolling down Santa Monica's famous pier. The iconic [Pacific Park](#), complete with its Ferris wheel, vintage attractions, and roller coasters, is a must-visit.



Anaheim's [Adventure City](#)

With its miniature coasters, 1946 carousel, and build-your-own train system, this attraction is fun for young children who are getting used to rides as well as for families. Your children will undoubtedly feel like they belong here because most rides are designed for those less than 49 feet in height.

Buena Park's Medieval Times Attraction

[Medieval Times](#) has a branch in Orange County where you can feast like a king while watching knights duel and horses gallop. With lots of singing and competitive energy, this is the type of place where you can join in the fun. A knight is named the winner of the competition after each performance.

Newport Beach's [Balboa Fun Zone](#)

On Balboa Peninsula lies this classic seaside amusement park. Take your kids and ride the seaside Ferris wheel, see the maritime museum, and put their abilities to the test in the arcade. It has a lot of different and delicious food options for both kids and adults.

The Knott's Berry Farm

The oldest and most reasonably priced amusement park in Southern California is Knott's Berry Farm. [Knott's Berry Farm](#) is a popular destination for residents and tourists with its thrilling rides, entertaining shows, authentic haunted town, and Camp Snoopy. Everybody in the group, from grandparents to children, will be entertained at Knott's. The best part is that it is open all year long.

Hurricane Harbor, Valencia

Hurricane Harbor in Valencia is a mid-sized water park near Magic Mountain. There are quite a number of slides and other attractions at the water park, ranging in difficulty. During the scorching summer months in Southern California, Hurricane Harbor is indeed a great family vacation spot.

[SkyPark Santa's Village](#), Skyforest

SkyPark has year-round mountain biking paths and an amusement park with a winter theme. Santa's Village has activities with a North Pole concept, historical log cabin dining and boutiques, and theme characters.

If you or a loved one has been denied [Workers' Compensation](#) or [Social Security Disability \(SSDI\)](#) benefits, it's important to get an attorney experienced in these types of cases involved immediately. Call **800-438-7734** for your initial free consultation, either in our office or in the comfort of your home. [The Kenton Koszdin Law Office](#), a [Social Security attorney in Van Nuys](#), can help you navigate the application process for the best possible outcome for you and your family.

Hello Spring



Recipe of the Month: Mediterranean Pasta Salad

You'll love this easy pasta salad recipe! It's a great one to make ahead - if you're bringing it to a picnic, prep it up to a day in advance.

Ingredients

- 3 cups uncooked fusilli pasta
- 2 heaping cups of halved cherry tomatoes
- 1 ½ cups cooked chickpeas, drained and rinsed
- 2 cups arugula
- 1 cup Persian cucumbers, sliced into thin half moons
- 1 cup crumbled feta cheese
- 1 cup basil leaves, torn
- ½ cup minced parsley
- ½ cup chopped mint
- ¼ cup toasted pine nuts

Dressing

- ¼ cup extra-virgin olive oil, more for drizzling
- 3 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 3 garlic cloves, minced
- 1 teaspoon of herbs de Provence, or dried Italian seasoning
- ¼ teaspoon red pepper flakes
- ¾ teaspoon sea salt

Instructions

1. Bring a large pot of salted water to a boil. Prepare the pasta according to the package directions, or until slightly past al dente.
2. Meanwhile, make the dressing. In a small bowl, whisk together the olive oil, lemon juice, mustard, garlic, herbs de Provence, red pepper flakes, and salt. (Note: the dressing will have a strong flavor. It'll mellow once it coats all of the pasta salad ingredients).
3. Drain the pasta, toss it with a little olive oil (so that it doesn't stick together), and let it cool to room temp. Transfer to a large bowl with the tomatoes, chickpeas, arugula, cucumbers, feta cheese, basil, parsley, mint, and pine nuts. Pour the dressing and toss to coat. Season to taste with more lemon, salt, pepper, and/or a drizzle of olive oil, if desired, and serve.

Recipe and photo courtesy of loveandlemons.com/pasta-salad

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**Workers' Compensation for
Uninsured Employers**



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What's Happening In Van Nuys & Southern California

Apr 14

John Mayer
KIA Forum

Apr 15

Gordon Lightfoot
Saban Theatre

Apr 18 – 23

Riverdance
Pantages Theatre
Hollywood

Apr 18 – 30

Hairspray
Segerstrom Center for
the Arts
Costa Mesa

Apr 21 – May 14

The King & I
La Mirada Theatre for
the Performing Arts

May 2 – 31

Hairspray
Pantages Theatre
Hollywood

May 7

Ricardo Arjona
Crypto.com Arena

