



Kenton Koszdin
LAW OFFICE

Se habla español



October 2018

IN THIS ISSUE

PAGE 2

From My Blog

Workplace Injuries: Proving It's...

California: Land of Extremes

PAGE 3

Recipe of the Month
Pumpkin Muffins

PAGE 4

What's Happening....

KENTON KOSZDIN
LAW OFFICE

16600 Sherman Way
Suite 280, Van Nuys
CA 91406-3785

Phone: (818) 901-9999

Toll Free: (800) 438-7734

CONNECT ONLINE



[VIEW KENTON KOSZDIN PROFILE ►](#)

Super Lawyers
RISING STAR

What Are the Most Common Workers' Compensation Claims?

No one expects to be injured on the job, but workplace accidents happen. In California, there were 376 workplace fatalities in 2016 with more than 466,000 injuries.

California Workers' Compensation (WC) provides benefits, some of which are medical care, temporary and permanent disability benefits. The most common causes for WC claims are:



Overexertion. These injuries occur when a muscle is pulled or a joint is forced to move beyond normal motion, such as when a worker lifts, pushes or pulls an object. Overexertion is frequently seen in factory and construction jobs.

Slip and fall. Slip and fall along with trip and fall claims are common when workers slip on wet floors or on icy or snowy walkways and stairs.

Fall from a height. Falling from a height can include workers falling off a ladder, down stairs or off a roof, as well as teachers or office workers falling down stairs.

Bodily reaction. This type of injury can occur when a worker slips and, instead of falling, twists a body part to cause damage. Examples of these injuries include a twisted or sprained back and a twisted ankle.

Struck by an object. An injury can occur when an object is dropped by a worker onto someone at a lower level, or even when something falls off a shelf.

Struck against an object. Unlike when a worker is struck by an object, these injuries occur when the worker falls onto or is forced against something stationary like a barricade or bookshelf. These often happen to factory and office workers.

Highway accident. Workers like truck drivers, sales representatives and police officers can be injured in accidents while driving for business.

Machinery accidents. Most commonly seen in construction or factory jobs, accidents involving large, heavy machinery can crush or mutilate a worker.

Repetitive motion. Examples of repetitive motion injuries, where a worker does the same motions over and over, include using a computer mouse, lifting, sitting and working on a factory assembly line.

Workplace violence. No one expects violence on the job but it happens. 500 workers were killed in the workplace in 2016. The majority of assailants were robbers, with others including coworkers, patients or customers or a relative or domestic partner.

If you or a family member has been injured on the job and has already informed your employer and received medical care, it's a good idea to contact an experienced Workers' Compensation attorney for help. We can help you work through WC complexities to gain your rightful benefits.

From My Blog:

Workplace Injuries: Proving It's a New Injury

Filing a Worker's Compensation claim after sustaining workplace injuries or illnesses is a common procedure. Some cases may be open and shut, making it very easy for you to get your benefits while out of work recovering, and you simply go back to work when healed. However, some cases are not so easy to handle and more information from both sides is necessary to make a decision about your benefits.



[Click here to read more](#)

California: Land of Extremes

Our state is truly an amazing place of extremes. From Mount Whitney which at 14,505 feet is the highest point in the "lower 48," to Death Valley National Park with the **lowest** spot at 282 feet below sea level, you can find the **highest** and lowest and everything in between in California.

Here are just a few more of the most fascinating:

- Death Valley holds 2 other distinctions: the **hottest** spot in the U.S., with summer temperatures sometimes reaching more than 115°, and the **driest**.
- San Francisco is considered to be the world's **largest** landlocked harbor.
- Methuselah, the **oldest** living tree in the world, is nearly 5,000 years old. Its exact location in the Inyo National Forest is kept secret.
- San Bernardino County is the **largest** in the nation, encompassing nearly 3 million acres.
- The **tallest** living tree in the world is Hyperion at Redwood National Park. Its height of 379 feet is almost twice as tall as Disneyland's "Twilight Tower of Terror."
- Lake Tahoe is the **largest** alpine lake in North America and the second **deepest** in the U.S. after Oregon's Crater Lake.
- Yosemite Falls is the **tallest** cascade in the U.S. based on its vertical drop of 2,425 feet.
- The California State Railroad Museum in Sacramento is the **biggest** museum of its type in North America.
- California has the **largest** economy in the U.S. When ranked against other countries, it comes in seventh.



If you or a loved one has been denied Worker's 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 own home. The Kenton Koszdin Law Office, Social Security attorney in Van Nuys, can help you navigate the application process for the best possible outcome for you and your family.

Recipe of the Month

Pumpkin Muffins

These muffins make a tasty, nutritious breakfast or anytime treat. When you whip up a batch, the house will smell of pumpkin spice!

Ingredients

- Cooking spray
- 1 cup all-purpose flour
- 1 cup whole-grain pastry flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- 3/4 cup packed dark brown sugar
- 3 tablespoons unsulphered molasses
- 1/4 cup canola oil
- 2 large eggs
- 1 cup canned pumpkin
- 1 teaspoon vanilla extract
- 3/4 cup lowfat buttermilk
- 1/4 cup raw, unsalted pumpkin seeds



Directions

Preheat oven to 400 degrees F. Coat a 12-cup muffin pan with cooking spray.

In a medium bowl, whisk together the all-purpose and whole-wheat flours, baking soda, salt, cinnamon, ginger, cloves, and nutmeg.

In a large bowl, whisk the sugar, molasses, oil and 1 egg until combined. Add the other egg and whisk well. Whisk in the pumpkin and vanilla. Whisk in the flour mixture in 2 batches, alternating with the buttermilk. Whisk just until combined.

Pour the batter into the prepared muffin pan and sprinkle with the pumpkin seeds. Tap the pan on the counter a few times to remove any air bubbles. Bake for 20 minutes or until a wooden pick inserted in center of 1 of the muffins comes out clean.

Let cool on a wire rack for 15 minutes. Run a knife around the muffins to loosen them and unmold. Cool completely on the rack.

Recipe courtesy of Ellie Krieger

Happy Fall Season!



16600 Sherman Way
Suite 280, Van Nuys
CA 91406-3785
Phone: (818) 901-9999
Toll Free: (800) 438-7734

What Are the Most Common Workers' Compensation Claims?



See Page One

What's Happening in Van Nuys & Southern California

Nov 6 - 25

A Bronx Tale

Los Angeles Theatre
Los Angeles, CA

Nov 9

Foreigner

Microsoft Theater
Los Angeles, CA

Nov 10

Maxwell

Microsoft Theater
Los Angeles, CA

Nov 10 - 11

Brave 5K & Festival of The Brave

SS Lane Victory
San Pedro, CA

Nov 17

Celtic Thunder

Orpheum Theatre
Los Angeles, CA

Nov 20

Nickihndrxx Tour: Nicki Minaj & Future

LA Forum
Inglewood, CA

Nov 24 - 25

Los Angeles Ballet - The Nutcracker

Los Angeles Theatre
Los Angeles, CA

Nov 25

Hollywood Christmas Parade

Los Angeles, CA

Nov 27

Justin Timberlake

Staples Center
Los Angeles, CA

Nov 30

Harvest Festival Original Art & Craft Show

Fairplex
Pomona, CA

