



Kenton Koszdin
LAW OFFICE

Se habla español



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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



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Are Heart Attacks Covered by Workers' Compensation?

Being awarded Workers' Compensation (WC) benefits for a heart-related disorder is possible - but obtaining them can be quite complicated.

Under California WC law, benefits are payable when an on-the-job injury occurs. The injury can be a one-time event or a series of repeated exposures to the same situation.

Heart disorders typically have large genetic components, where the disorders are hereditary and run in the family. These cardiac problems may go for years without being diagnosed. For these reasons, plus the fact that the link between heart disorders and workplace conditions is unclear, it can be difficult to prove that a heart disorder is mainly the result of an on-the-job incident.

Generally, if the preexisting condition has been aggravated by the job, even though a healthy worker would not have been affected, the injured worker may still be entitled to compensation.

There are certain workplace conditions that can lead to the development of a heart disorder:

- **Metal exposure**, where ingesting or inhaling trace metals can cause heart disorders as well as conditions that lead to heart disorders. Metals that can cause these conditions include lead, antimony, cobalt and beryllium.
- **Chemical exposure** can cause serious and even fatal cardiac problems. Examples include solvents like carbon disulfide, halogenated hydrocarbons and long-term carbon monoxide exposure.
- **Mental stress** brought about by common workplace stresses like tight deadlines, long hours, difficult co-workers and supervisors and equipment problems can play a role in the develop of heart disorders. Even working overtime has been linked to an increase in both on-the-job accidents and heart-related conditions.
- **Noise**, especially long-term exposure, can cause blood pressure to rise which can lead to heart disorders over time. Workers with job-related hearing loss are more likely to have cardiac problems related to noise stress.
- **Heat and vibration** place stress on the body and may be a link to work-related heart disorders.

It is not easy to trace the source of a heart disorder back to a workplace injury, accident or condition. We can help determine what happened if you are recovering from a heart attack or a heart-related surgery, and how the stress of your job aggravated your condition and triggered a cardiac event.



From My Blog:

Workers' Compensation Law Changes After San Bernardino Shooting

Governor Brown recently signed into law changes to California's Workers' Compensation (WC) program. The legislation requires that employers in both the private and public sectors take immediate action in the event an employee is injured in an act of terrorism.

The impetus for the WC change came from the difficulties faced by the survivors of the 2015 mass shooting in San Bernardino. In that tragedy, 14 people were killed with 22 more wounded during a training seminar at the Inland Regional Center, a supportive agency for people with developmental disabilities. [Read More>>](#)

<http://www.kentonslawoffice.com/blog/workers-compensation/workers-compensation-law-changes-after-san-bernardino-shooting/>



Have Fun Decorating for the Holidays – Safely

It's the holiday season! Time to welcome family and friends for Yuletide celebrations, and decorating your home is one of the most essential elements of a joyous season.

While you celebrate, keep safety top of mind - especially with electrical decorations. The National Fire Protection Association (NFPA) reports that U.S. fire departments respond to more than 1,000 home fires each year that are started by holiday decorations.

You want your holiday revelers to return home with gifts and good cheer and not with burn injuries. Here's how to put safety first with these holiday decorating tips:

- Select only lights that display laboratory testing labels and check strands every year for broken sockets and frayed wires.
- Choose fresh trees with bendable needles. When you get your tree home, cut an inch from the bottom of the tree and place in water immediately. Keep the water container full.
- Look for artificial trees and garlands that are labeled fire retardant.
- All trees should be placed at least 3 feet from heat sources and open flames.
- Place a fire extinguisher near all holiday trees.
- Turn off electric decorations when retiring for the night and when leaving the house.
- Take your fresh tree down when needles start to drop.
- Authentic angel hair is made from spun glass and can irritate skin and eyes. Use non-flammable cotton as a substitute, or handle carefully with gloves.
- If you choose to burn flaming candles, place at a safe distance from children and pets and always use a glass, pottery or metal candle holder.
- When spraying artificial snow, follow product directions carefully to avoid inhaling the substance.
- Avoid standing on a chair when decorating tall spots! Instead, use a sturdy step ladder.



Now is the perfect time to review basic fire safety rules, as well as create and practice an emergency escape plan. You can find a child-friendly home fire escape plan at this [NFPA website](#).

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

Eggplant Ricotta Bites

Here's a great appetizer for a holiday get-together -- colorful, delicious, and a healthy option.

Ingredients

- 1 med. Eggplant
- Kosher salt
- All purpose flour
- 2 large eggs
- 3/4 c. breadcrumbs
- 1/4 c. grated parmesan cheese
- 1 tbsp. plus 2 tsp. extra virgin olive oil, plus more as needed
- 2 large plum tomatoes, diced
- 2 tsp. red wine vinegar
- 1 cup ricotta cheese
- Shredded fresh basil for topping



Directions

Thinly slice the eggplant into rounds and season with salt. Pour some flour into a shallow dish. Beat the eggs in another dish. In a third dish, mix the breadcrumbs and parmesan. Dredge the eggplant in the flour, then dip in the eggs and coat with the breadcrumb mixture.

Heat 1 tablespoon olive oil in a large skillet over medium heat. Working in batches, cook the eggplant until golden, about 2 minutes per side, adding more oil between batches, if necessary. Drain on paper towels and season with salt.

Toss the tomatoes with the remaining 2 teaspoons olive oil and the vinegar in a bowl. Spoon some ricotta onto each eggplant slice. Top with the tomato mixture and basil.

Recipe courtesy Food Network Magazine

Happy Holidays!!



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What's Happening In & Around VanNuys & Southern California

Jan 1

Happy New Year - 5K
East Eliot Street
Long Beach, CA
<https://goo.gl/j6Gq22>

Jan 3 - 21

Cirque du Soleil - Luzia
Dodger Stadium
Los Angeles, CA
<https://goo.gl/YA6J78>

Jan 6

LA Chocolate Festival
Omni Los Angeles Hotel at California
Plaza
Los Angeles, CA
<https://goo.gl/1QmyFR>

Jan 14

Paul Anka
Saban Theatre
Beverly Hills, CA
<https://goo.gl/8wYWVd>

Jan 19

Jefferson Starship
The Rose
Pasadena, CA
<https://goo.gl/hNTRKy>

Jan 19 - 22

Hot Air Balloon Festival
YMCA
Torrence, CA
<https://goo.gl/x9NyRu>

Jan 26

Los Angeles Food Truck Festival
515 South Flower
Los Angeles, CA
<https://goo.gl/oj9JoZ>

Jan 27

80's Weekend #5
Microsoft Theater
Los Angeles, CA
<https://goo.gl/BHjz3q>

Jan 28

George Benson & Kenny G
Microsoft Theater
Los Angeles, CA
<https://goo.gl/vDNsGN>

Jan 28

The Great Chocolate Race - 5K
Long Beach, CA
<https://goo.gl/nZfUmq>

