

NJ Law Firm - Construction Workers Often Suffer Back-Related Work Injury

In New Jersey, construction workers suffering from back injuries often cause Workers' compensation claims and the causes of the injuries are many.

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CHERRY HILL , NEW JERSEY, UNITED

STATES, October 22, 2017 /EINPresswire.com/ -- New Jersey Construction Workers Often Suffer Back-Related Work Injuries that come as the result of hurting a portion of the back, including muscles, bones, nerves or ligaments

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Insurance companies are tough. While your employer may be great people the insurance company may not be. We can help!”

Jordan Goldberg, esq.

Construction workers are vulnerable to work-related back injuries. It is a fact that working on construction sites is a physically taxing job. It involves a lot of heavy lifting, lugging big loads, bending at awkward angles and also involves the risk of falling from heights. For construction workers; this implies a constant threat of getting hurt on the job.

Injuries to the spinal cord or back muscles can hinder a worker's movement. So, it wouldn't be wrong to assume that a back-related work injury could put a worker out of action more

than just a few days.

There are a number of reasons that back injuries happen regularly while on construction sites.

- Repeated stress injuries happen if a repeated movement puts a strain on the back. For instance, bending at an abnormal angle, regularly over an extended period of time can leave a worker's back susceptible to injury.
- Spraining back muscles can also result in an injury, and this is pretty common. For example, a worker could get hurt while twisting the back while carrying a heavy load.
- Workers can hurt their backs due to falls, missteps on uneven surfaces or a collision with a heavy object.

Back injuries are not always immediately apparent. If the work injury is due to a fall or an accident which results in back pain or any other back-related symptom, the association between the two events can be made right away. However, there are times when the association is not as clear.

A worker who maintains improper posture while carrying out his duties or work-related activity is more likely to suffer a back injury, especially if the action continues over many days. Or a worker who needs

to push, pull, or carry heavy loads on a regular basis is at great risk of sustaining a back injury which may not be visible immediately. In such cases, the injury will manifest itself after a period of time, usually in the form of pain or stiffness in the back.

As soon as a worker gets the feeling that the back might be injured, he or she should consult a doctor. In most cases, the doctor will advise the patient to undergo scans of the back like an MRI or X-Ray to determine the type of injury as well as its severity.

Treatment of back injuries varies based on the type and extent of the injury. Depending on the severity of the injury, the worker might be advised to rest the back muscles by refraining from strenuous activities. In some cases, complete bed rest might be advised as well.

Treatment for back injuries usually involves physiotherapy, strengthening exercises, or sessions with a chiropractor. The doctor might prescribe pain-relieving medication if necessary. In some severe cases, surgery could be the only solution.

The pain from back injuries can be quite intense, but timely treatment can help resolve the issues. Scans to determine the extent of damage and a particular line of treatments can be quite expensive, though. Injured workers who are advised to rest will also end up missing work. Workers are entitled to receive workers' compensation to cover the expenses incurred from a work-related injury.

Workers who get hurt on the job should consult with a [work injury attorney](#) to understand their rights and ways to file a workers' compensation claim. Construction workers in New Jersey who sustain work injuries can get compensation benefits, which may cover their medical costs entirely. Discussing your case with an experienced attorney will help you plan and have most of the guesswork removed.

If you've been a victim of a work-related injury, but your employer is trying to lowball, you will require a team of seasoned lawyers by your side to get fair compensation. Contact the Law Offices of Goldberg & Wolf at (856)-651-1600 to speak with a member of our legal team regarding your case.

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