The Perfect Workstation by Mary Wiglue

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The total number of computer workstations in cubicles, offices, and businesses throughout Florida would be impossible to calculate; however, based on workers compensation claims filed in the state for neck and back problems related to computer work, there must be a substantially high number of them. And, while many of these claims are resolved without incident or question, other employees can experience significant difficulty in trying to obtain their benefits. When issues arise, often the best course of action is to consult with an attorney regarding your options.

If you work at a job where you are required to sit for much of the day, especially if that also involves working at a computer, you are susceptible to neck and back strain that could require medical attention and consequently result in a workers compensation claim. Despite the fact that options are available for workstations that are less likely to cause that strain, many employers in Florida never think to provide them. The fact is that when many employers are outfitting an office space, they go with a one-size-fits-all, bulk purchase mentality that can quickly and in the least expensive way possible meet their needs.

However, not all employees are one size nor are their workstation needs the same. For example, to avoid having to file workers compensation for a shoulder or repetitive strain injury, shorter employees will need a keyboard and mouse that is low enough that they do not have to raise their shoulders in an unnatural position in order to keep their arms at the needed level. If the employer has provided desk chairs that are not adjustable, it may not be possible to easily adjust the height of the keyboard or the person who must operate it.

It is not necessarily true that employers are being difficult when it comes to providing office furniture or equipment that would avoid workers compensation claims, it most likely does not ever occur to them. In fact, other than to pay for required coverage, often employer will not be concerned with workers compensation at all until an employee files a claim. However, for some reason, when a workers compensation claim is filed, some employers and their insurance companies can become difficult.

If you are facing a difficult employer with regard to a Florida workers compensation claim or if an insurance company is denying benefits to which you are entitled, it can help to have an experienced and knowledgeable Florida workers compensation attorney at your side. Your attorney will advise you as to your legal rights and responsibilities with regard to workers compensation. In addition, your attorney will be able to serve as your advocate in negotiations and any hearings that may result as a result of your workers compensation claim.

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