

The Boyk Bulletin

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Bicycle safety important to prevent injury

Bike riding is a great way to get out and enjoy the nice summer weather. A perfect family activity, bicycle riding can also provide the essential exercise that adults and children need to stay healthy.



• **Avoid riding your bike at night.**

It is hard for drivers to see a cyclist after dark, and many drivers may not expect to see a bike rider past daylight hours.

If you must ride at night, always wear bright reflective clothing, and make sure to have reflective material that is visible for at least 300 feet on the backs of the bike pedals and seat.

Use a bicycle headlight that is bright enough to be seen from a distance of at least 500 feet. If you are visible on the road, a driver is more likely to see you, and therefore less likely to accidentally strike you.

See **Bicycle safety**, page 3

It is important to remember tips that can help you to avoid a bicycle accident. More than 36,000 bicycle riders suffer injuries during accidents involving cars, according to the National Highway Traffic Safety Administration.

• **Always wear a helmet when riding a bicycle.**

Bike helmet use can re-

duce the risk of head injury by 85 percent when worn correctly, according to the NHTSA, and should be worn snug and level. They should cover the upper part of the forehead and you should have room for no more than two fingers between the straps and your chin. The better a helmet fits your head, the better it will be able to protect you. Helmets that fall forward or back, or ones that are not secure, are not as effective at protecting the skull.

Every injured worker has rights under Ohio law

One minute you are on the job, willing and able to work, and the next minute you find yourself hurt at your place of employment. Unable to work, and many times suffering serious injuries and pain, some workers may not ever be able to work again.

Suffering an injury at work can be as frustrating as it is confusing. Who will pay for the medical bills? Will you lose your job for reporting the injury? Who will provide

for your family if you are unable to work?

Regardless of what a person does for a living, an Ohio worker has rights under the state law. In the state of Ohio, it does not matter if the injury was caused by a mistake that the injured person made, or if it was caused by the negligence of someone else. If you are hurt on the job, you are generally entitled to compensation.

The Ohio Bureau of Work-

ers' Compensation was established by the Ohio General Assembly to cover the cost of the medical bills and lost wages associated with work-related injuries.

There are steps to take immediately after suffering an injury at work that can help regain health as well as financial stability.

The first thing you should do if you are hurt on the job is to make a First Report of

See **Work Injury**, page 2

Employee Spotlight

Kimberly Nelson

If something new needs to be figured out in the office, Kim Nelson is the one to tackle the job. She can pick up any new task quickly, then turn around and teach it to everyone else.

Kim puts together the necessary medical records and bills to send to insurance companies, and calls clients on a regular basis to find out the status of their treatment. She is excited about getting more involved in helping prepare cases for trial.

“I like having the ability to assist people during a time when they need help in their case,” Kim said.

A recent graduate of the University of Toledo with an Associate of Applied

Science in Paralegal Studies, Kim was anxious to enter the legal field.

“Working here has allowed me to gain so much knowledge about the legal profession and what I can do to better assist people, and I am looking forward to learning more,” Kim said.

It is that desire to learn more that makes Kim so good at her job.

“Kim is an extremely fast learner,” Office Manager Leslie Rombkowski said. “She is always willing to take on new tasks and has been a tremendous asset to the office.”

Attorney Mike Bruno also appreciates the hard work she puts into his cases.

“Kim is a valuable member of our legal staff,” Mike said. “She is energetic, pleasant and learns quickly. In a busy practice like ours, I am appreciative that she is able to do several things at a time, at a high level. I see a tremendous upside potential in Kim.”



Kim Nelson

Kim recently became an aunt for the first time to Jenna Lynne, and also takes special pride in her cat, Sadie. She loves to travel, and especially looks forward to visiting her grandparents' cottage on Little Long Lake in Indiana whenever she gets the chance.

Employee Spotlight runs periodically in the Boyk Bulletin, as part of an ongoing feature highlighting our staff.

Work Injury, cont. from page 1

Injury, or FROI, with the Bureau of Workers' Compensation, or the BWC. Your employer is supposed to be the one who fills out the form, but an attorney can do it as well.

Filing the FROI will enable the injured worker to obtain a BWC claim number, which will establish the Workers' Compensation claim. An injured worker has two years from the date of injury to file a claim, but the sooner you obtain a claim number, the better.

Seeking medical treatment is imperative after a work-related injury. Workers are not required to go to their employer's doctor, but they must go to a doctor who is BWC certified. If your family physician is not BWC certified, an attorney can help put you in touch with one who is.

Do not take offense if your employer requires you to take a drug test after your work injury. It is often standard procedure, and necessary to carry on with your claim.

In order to obtain lost wages, or the money that you were not able to earn due to the injury, you must have your doctor fill out a C-84 form. An attorney can work with your doctor to make sure this is done.

If you must reduce your number of hours at work after an injury, you can also have your attorney fill out a wage differential form. This will help to compensate for the money you were used to earning before the injury.

Occasionally an employer will oppose a part of your claim, requiring a contested hearing on the issue. An attorney can help provide the arguments needed to defend the situation in front of a hearing officer.

“It is always advisable to be represented by an attorney at a workers' compensation hearing,” Workers' Compensation Paralegal Janet Ontko said. “Workers' compensation is an incredibly complex area of law which is always changing. Our attorneys are well-versed in the changes in Ohio case law, and they possess the requisite knowl-

edge and skill to represent a client's interests to the fullest extent of the law.”

Learn your Rights as a Worker

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*The Ohio Work Injury
Book*

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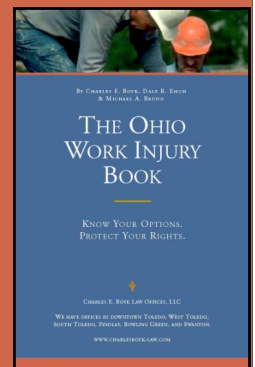
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Protect your medical history, don't sign authorization

If you've been in an auto accident, never talk to the other driver's insurance company about your injuries before you talk to an attorney.

As we have discussed in previous *Boyk Bulletin* issues, it is imperative not to give the insurance company information that can harm you later on down the road.

Tip #5 of "Ten Tips to Maximize Recovery," **Don't sign any medical authorization forms at the request of an insurance company**, explains how to deal with an insurance company in the event of an accident. The following is an excerpt from *The Ohio Accident Book*, which was written by attorneys Chuck Boyk, Mike Bruno, and Dale Emch:

Insurance companies often try to get accident victims to sign and return authorization forms that allow them to obtain your medical records. The forms usually are drafted so the insurer gains access to all of your medical information, not just information relating to your accident. It allows an insurance company to go on a fishing

expedition for any other medical problems that might explain the pain you're experiencing.

If your injuries are serious, you should consult an attorney to deal with these issues. Your attorney will ask you to sign medical authorization forms that will be used to obtain the information that's related to your accident. Only the information relevant to your accident or injury will be sent to the insurance company so your claim can be evaluated. This protects you from having personal information winding up in the wrong hands.

"The medical authorization allows the insurance company to obtain all of your prior medical records including totally unrelated and highly confidential records," Attorney Chuck Boyk said. "The insurance company will use this information against you, and you have no way to prevent distribution of this highly personal material. When we obtain our client's records, we share the information with the client, and then make an informed decision on what to do with the material."

Bicycle safety, cont. from page 1

• **Cycling should be done on the right-hand edge of the road; always ride with traffic, not against it.**

If available, designated bike paths are always safer than using a street shared with motor vehicles. Use hand signals for turning and stopping, and obey all traffic controls.

• **Make yourself visible to cars on the road.**

Be sure to watch out for cars crossing the street, pulling out of driveways or parking lots, or turning near you. Drivers don't have the same visibility that riders do. Staying out of a driver's blind spot can help ensure that they see you on the road.

• **Keep your bike in good condition**

Having a clean and well-oiled chain on your bike will keep the bike riding smoothly, and prevent the bike from stopping suddenly. Keep tires properly inflated, and make sure that front and rear brakes are always in good working condition, so you can stop quickly if you need to.

• **Avoid using earphones while biking.**

Music can drown out the sound of traffic or horns, and take attention away from the road.

Following these tips can help make a bike ride fun and relaxing, while providing a way to safely enjoy the warm weather.

Learn how to Protect yourself after an Injury

Order

The Ohio Accident Book

Visit

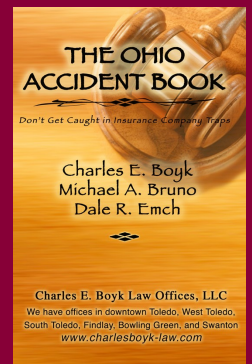
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Grandma's Honey Cake

Cases of Interest our office is handling

A Family Tradition!

- 1 cup tea—cooled
- 1 cup walnuts
- 1 cup sugar
- 6 egg whites
- 3 cups unsifted flour
- 1 cup sifted flour
- 1/4 teaspoon salt
- 1 teaspoon baking soda
- 3 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon vanilla
- 6 egg yolks
- 1lb jar of honey
- 3/4 cup oil



1. Preheat oven to 350°F.
2. Gradually beat six egg whites into sugar. Beat until stiff, set aside.
3. In a separate bowl, beat together unsifted flour, salt, baking soda, baking powder, cinnamon, nutmeg, vanilla, egg yolks. Slowly add oil, honey, and cooled tea. Add sifted flour and egg whites.
3. Slowly add walnuts, mix by hand.
4. Add batter to 9x13 pan (3 cups of batter = one 9x13 cake).
5. Bake for one hour, checking cake after 45 minutes.
6. Allow to cool and enjoy!

50-year-old woman is bit by a dog on the side of her nose, requiring need for plastic surgery.

83-year-old woman falls and breaks hip after not being properly taken care of by her nurse's aide.

48-year-old woman's arm is caught in machine at place of employment, causing need for skin graft.

6-year-old boy suffers injuries to arm and hip after he is attacked by a dog while riding his bicycle.

34-year-old woman undergoes surgery on shoulder after injury at work causes tear to rotator cuff.

46-year-old man is bit by a dog, suffering deep puncture wounds, while trying to save little boy from same animal.