

Johnston Law Firm Calls on Injured Workers to Track Every Detail From Day One

New documentation standard aims to protect workers compensation claims before they reach an attorney

Pueblo, Colorado Sep 17, 2026 ([IssueWire.com](https://www.issuewire.com)) - Johnston Law Firm, LLC has published a personal standard for workers compensation cases that begins with a simple instruction: write it down. The Pueblo-based firm now advises every injured worker to keep a daily log of symptoms, missed work, medical appointments, and conversations with employers or insurers, starting the day of the injury.

The standard reflects a pattern the firm has observed since opening in January 2022. Claims often falter not because the injury is minor, but because critical details fade or vanish by the time legal representation begins. A gap of weeks or months between injury and consultation can leave a worker struggling to recall dates, doctor names, or what a supervisor said in the moment.

"Documentation is the foundation," the firm states in its new guidance. "If you wait to start building it until you need an attorney, you've already lost ground."

The daily log: six components

The standard outlines six categories for injured workers to track consistently:

Symptoms and limitations. Workers should note pain levels, mobility issues, and any tasks they cannot perform. Vague entries like "felt bad" give way to specifics: "could not lift more than five pounds with right arm" or "sharp pain in lower back when standing longer than ten minutes."

Medical care. Every appointment, prescription, test, and referral goes in the log, along with the provider's name and what was said or recommended. If a doctor advises time off or modified duty, that instruction should be recorded immediately.

Lost wages and schedule changes. Days missed, shifts cut short, or hours reduced all belong in the record. Include whether the employer offered modified duty and whether it was medically appropriate.

Communications. Any conversation with a supervisor, human resources, or an insurance adjuster should be summarized in writing as soon as it ends. Date, time, who was present, and what was discussed or promised.

Witnesses. If a coworker saw the injury happen or can confirm the conditions that led to it, their name and contact information should be noted while the memory is fresh.

Photos. Visible injuries, unsafe conditions, or relevant equipment should be photographed. A picture taken the day of the incident carries more weight than one taken weeks later.

Why the standard matters now

Workers compensation claims are decided on evidence, and evidence is built from details. When an insurer disputes an injury or argues that it happened outside of work, the worker's contemporaneous notes can tip the outcome. A daily log turns a hazy recollection into a timeline that holds up under

scrutiny.

The firm points to a recurring scenario: a worker waits until a claim is denied to seek legal help, then struggles to reconstruct what happened in the first two weeks after the injury. By that time, witnesses have moved on, the injury site has changed, and the worker's own memory has blurred. The log prevents that erosion.

Johnston Law Firm opened with the goal of offering Pueblo's workers a stronger alternative in legal representation. The documentation standard extends that mission beyond the courtroom by equipping workers to protect their own claims before a denial ever arrives.

Implementing the standard

The firm recommends a simple notebook or a notes app on a phone. Workers do not need to write an essay each day. A few bullet points capture what matters: how the injury felt, what medical step was taken, what was said, and what changed.

Consistency matters more than length. A worker who writes three sentences every evening for three months will have a far more credible record than one who tries to reconstruct the timeline from memory later.

The standard applies to every injury that requires medical attention or time away from work, whether the worker plans to file a claim or not. Starting the log early costs nothing and preserves options. Skipping it can close doors that never reopen.

To read more, visit the website [here](#).

About Johnston Law Firm, LLC

Johnston Law Firm, LLC provides workers compensation legal representation in Pueblo, Colorado. The firm was founded in January 2022 to deliver a higher standard of service to workers navigating the claims process.

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