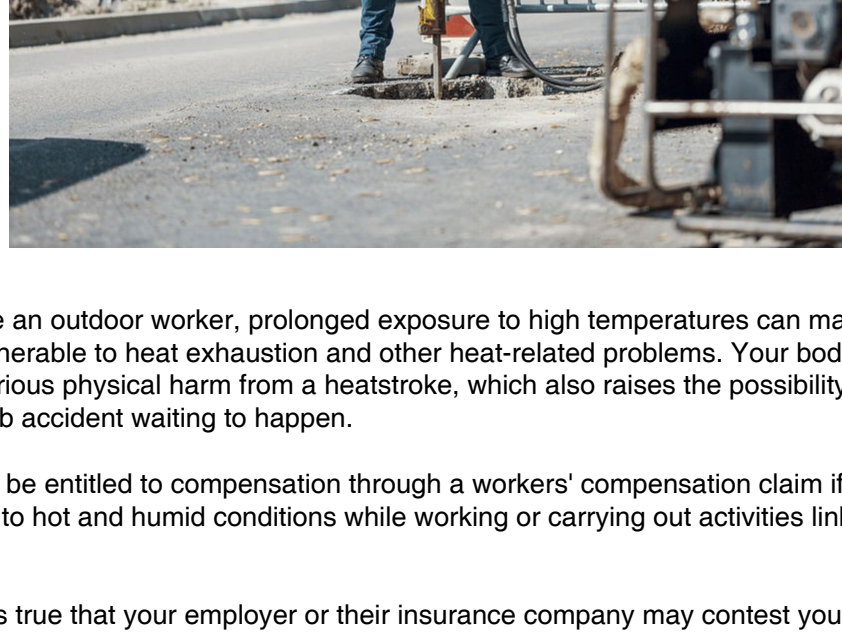




## In This Issue...

- Dangers of Extreme Heat on the Job
- Common SSDI Application Myths
- Recipe of the Month: Baked Cod with Lemon, Garlic, Capers, and Rosemary
- What's Happening In & Around Youngstown, Warren, Salem, Akron, Ravenna

### Dangers of Extreme Heat on the Job



If you are an outdoor worker, prolonged exposure to high temperatures can make you more vulnerable to heat exhaustion and other heat-related problems. Your body may suffer serious physical harm from a heatstroke, which also raises the possibility of an on-the-job accident waiting to happen.

You may be entitled to compensation through a workers' compensation claim if you are exposed to hot and humid conditions while working or carrying out activities linked to your job.

While it is true that your employer or their insurance company may contest your claim on the grounds that your illness was brought on by a pre-existing ailment or had nothing to do with the nature or scope of your job, workers' compensation is a no-fault benefit, which means you may claim it with supporting evidence, despite your employer's resistance or reservations.

#### Types of Heat-Related Health Problems

- **Rashes:** A heat rash is a skin inflammation due to excessive perspiration. Heat rashes are one of the most common issues facing workers in hot and humid conditions.
- **Exhaustion:** Due to long and extreme exposure to the sun, the body loses salt and water content from excessive perspiration. The individual might faint or lose consciousness. Faint pulse, quick breathing, increased body temperature, headaches, weariness, and muscular cramps are common symptoms.
- **Cramps:** People who get heat cramps endure muscular spasms due to a lack of water and salt in the body. These cramps can be excruciatingly painful.
- **Stroke:** When a person's body temperature rises to more than 104 degrees Fahrenheit in a short period of time, they may experience a heatstroke. Symptoms to identify this potentially fatal condition include fast heartbeat, dry skin, nausea, vomiting, exhaustion, and lethargy. Some sufferers of this illness may experience seizures or become unconscious. Immediate medical treatment is a must!

#### Can You Receive Workers' Compensation if You Experience Health Problems Caused due to Heat at Work?

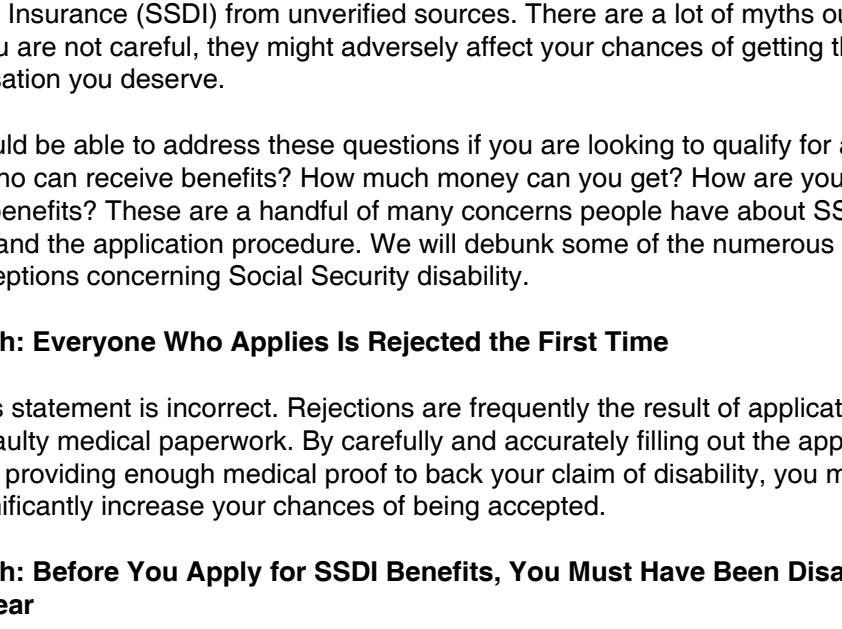
Yes, you may be eligible for workers' compensation if you experience illnesses or injuries related to extreme heat in the workplace. The necessary medical care should be covered by workers' compensation. Additionally, until the time a person is ready to return to full employment, your employer should pay a portion of your income if the health problem you faced due to the heat prevents you from working.

#### Eligibility for Workers' Compensation

You must demonstrate that the heat-related injury was caused by your job in order to qualify for workers' compensation. If you exhibit symptoms of health problems or heat exhaustion, you should seek medical assistance right away since you must demonstrate that your work-related sickness was caused by the heat. A doctor can record your symptoms and give crucial supporting information for your workers' compensation claim.

A heat-related health problem workers' compensation lawsuit can be difficult. Don't rely on chance - contact [Heller, Maas, Moro & Magill Co., L.P.A.](#), today to schedule your free case evaluation with one of our Ohio workers' compensation attorneys.

### Common SSDI Application Myths



Do not simply believe everything you have heard or read online about Social Security Disability Insurance (SSDI) from unverified sources. There are a lot of myths out there, and if you are not careful, they might adversely affect your chances of getting the compensation you deserve.

You should be able to address these questions if you are looking to qualify for an SSDI claim. Who can receive benefits? How much money can you get? How are you able to receive benefits? These are a handful of many concerns people have about SSDI benefits and the application procedure. We will debunk some of the numerous misconceptions concerning Social Security disability.

#### 1. Myth: Everyone Who Applies Is Rejected the First Time

This statement is incorrect. Rejections are frequently the result of application errors or faulty medical paperwork. By carefully and accurately filling out the application and providing enough medical proof to back your claim of disability, you may significantly increase your chances of being accepted.

#### 2. Myth: Before You Apply for SSDI Benefits, You Must Have Been Disabled for a Year

This statement is also incorrect. There is no reason to wait for a year to get started. You may be eligible for SSDI benefits if you are incapacitated because of an illness or injury that takes a year to recover or is diagnosed by experts to last for 12 months or longer. In fact, as soon as your doctor informs you that your injuries or disease may not heal and will keep you from working, you should file for SSDI benefits. Applying for and receiving SSD benefits is a draw-out procedure; therefore, the sooner you apply, the better!

#### 3. Myth: Drugs and Alcohol Make You Ineligible For SSDI

The individuals deciding on your claim will decide whether your use of drugs or alcohol is indeed a contributing factor to your handicap. Of course, your claim can be rejected if drug misuse has a role.

#### 4. Myth: You Will Definitely Be Eligible for Compensation If Your Doctor Declares You to Be Disabled

Your eligibility for benefits is decided by the disability examiner who reviews your SSDI application, not your physician. However, if your specialist has identified a medical condition that makes you disabled, collect the medical records you will need to submit with your application to prove your claim.

#### 5. Myth: SSDI Applicants Always Wait Years for Approval

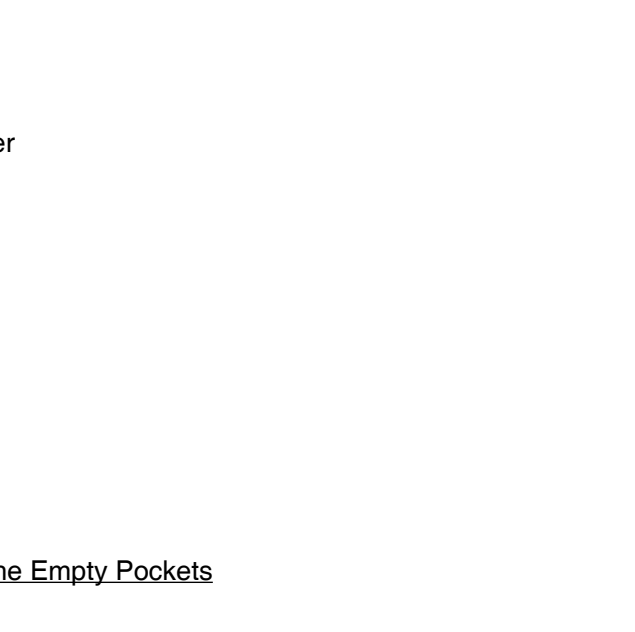
Though the SSDI application process can be lengthy, that does not mean that all applicants will have to wait years for approval. The assistance of a seasoned attorney and the necessary supporting medical documentation can help you receive approval more quickly.

The experienced disability lawyers of [Heller, Maas, Moro & Magill Co., L.P.A.](#) are here to serve you and help you get back on your feet. Call or [contact our firm online](#) to schedule a confidential free case evaluation with one of our trained disability lawyers.

### Happy Summer



### Recipe of the Month: Baked Cod with Lemon, Garlic, Capers, and Rosemary



#### Ingredients:

- 12, 4-ounce wild-caught cod fillets (skinless)
- 3 TBSP rosemary leaves (minced)
- 8 cloves garlic (minced)
- 2 lemons (thinly sliced)
- 1/2 cup fresh lemon juice
- 1/2 cup olive oil
- 1/2 cup capers (drained)
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

#### Directions:

1. Preheat oven to 350°F.
2. Lightly brush both sides of cod fillets with some olive oil and season with salt and pepper. Line cod fillets in a single layer within the baking dish.
3. In a small bowl, mix remaining olive oil, lemon juice, capers and minced garlic and pour over top of cod.
4. Place a lemon slice on top of each cod fillet. Bake for 8-10 minutes, or until fish is cooked to an internal temperature of 145°F.

Serves 12 / Serving size:

Recipe Courtesy of Homebase



### What's Happening In & Around Youngstown Warren, Salem, Akron, Ravenna

**Jul 22**  
[Lynrd Skynryd & Marshall Tucker Band](#)  
Covelli Centre  
Youngstown, OH

**Jul 22**  
[Boney James](#)  
Akron Civic Center

**Jul 30**  
[Tinsely Ellis](#)  
The Kent Stage  
Kent, OH

**Aug 4**  
[The Abrams](#)  
The Kent Stage  
Kent, OH

**Aug 17**  
[Al Stewart with The Empty Pockets](#)  
The Kent Stage  
Kent, OH

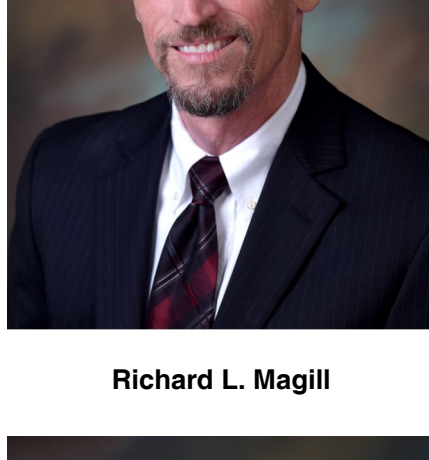
**Aug 21**  
[Al Stewart](#)  
Robbins Theatre  
Warren, OH

**Aug 28**  
[Panerathon - Walk for Breast Cancer](#)  
Covelli Centre  
Youngstown, OH

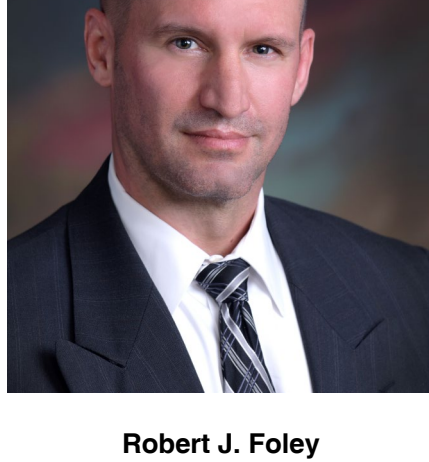
**Sep 3**  
[Disco Inferno](#)  
Warren Amphitheater

**Sep 16**  
[The Legendary Soul Jam](#)  
Akron Civic Center

### Meet Our Attorneys



Joseph A. Moro



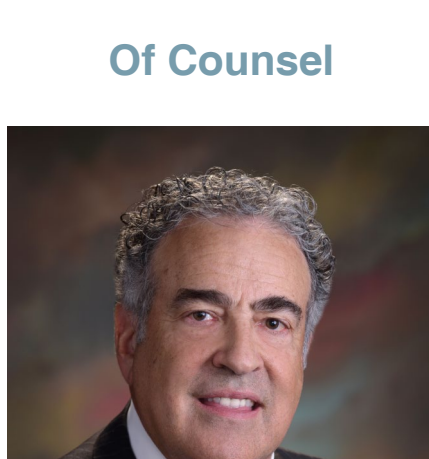
Richard L. Magill



Robert J. Foley

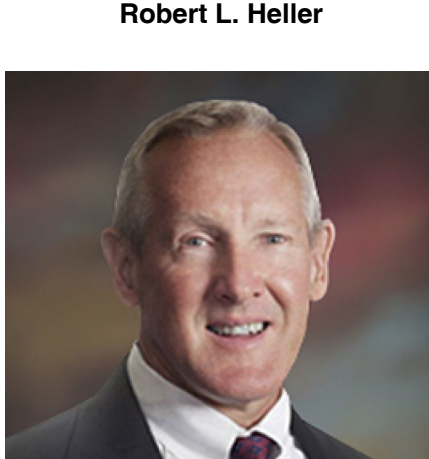


Michael P. Mazanetz

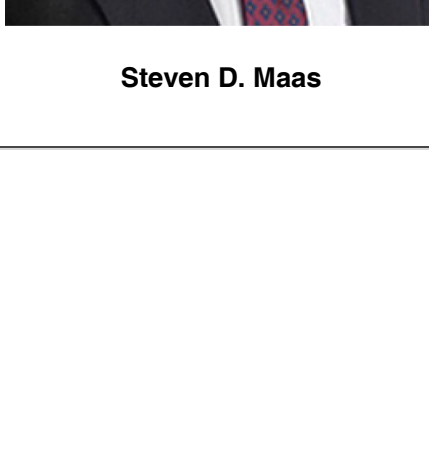


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