

Your FREE Gym and Fitness Center Accident Injury Checklist:

Here are 5 key steps to take after a gym injury accident in preparation for a potential claim:

1. Seek immediate medical attention:

- Get treated at the gym if first aid is available
- Visit an emergency room or urgent care center if necessary
- Follow up with your primary care physician

2. Report the incident to gym management:

- Inform a staff member or manager about the accident
- Ensure an official incident report is filed
- Request a copy of the report for your records

3. Document the accident scene and your injuries:

- Take photos or videos of the area where the injury occurred
- Capture images of any faulty equipment or hazardous conditions
- Photograph your visible injuries
- Keep a journal detailing your pain and recovery process

4. Gather witness information and evidence:

- Collect names and contact details of any witnesses
- Ask if the gym has surveillance footage of the incident
- Keep the clothing and shoes worn during the accident

5. Consult with a personal injury attorney:

- Discuss the details of your case with an experienced lawyer
- Bring all collected evidence and documentation to the consultation
- Learn about your legal rights and potential compensation
- Get advice on how to proceed with a claim against the gym

Remember, each case is unique, and it's important to act quickly but carefully. An experienced attorney can provide guidance tailored to your specific situation and help protect your rights throughout the claims process

AZ Law Now Injury Attorneys puts our focus on making sure all our clients get VIP treatment. If you have questions or would like to schedule time to talk or meet, feel free to email us at bf@azlawnow.com or call (480) 789-3852. Thank you! My information is also below if you want to contact me directly

Kind regards,

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