



FREE CHECKLIST

SLIP & FALL CHECKLIST

PROTECT YOUR RIGHTS AND PRESERVE IMPORTANT EVIDENCE



1 IMMEDIATELY AFTER YOUR SLIP & FALL

- ☐ Get medical attention right away, even if you think you are "okay."
- ☐ Report the fall to the property owner, manager, or employee.
- ☐ Ask that an incident report be completed. Get a copy if possible.
- ☐ Identify the exact cause of your fall (wet floor, uneven surface, poor lighting, etc.).
- ☐ Take clear photos and videos of the hazard and surrounding area.
- ☐ Take photos of your injuries.
- ☐ Get the names and contact information of any witnesses.
- ☐ Do not give a recorded statement to an insurance company.



2 SAVE IMPORTANT EVIDENCE

- ☐ Photos and videos of the scene, hazard, and your injuries
- ☐ Incident report
- ☐ Witness names and contact information
- ☐ Medical records and bills
- ☐ Doctor's notes and treatment plan
- ☐ Proof of missed work (pay stubs, employer letter, time records)
- ☐ Health insurance information and Explanation of Benefits (EOBs)
- ☐ Correspondence with the property owner or their insurance company
- ☐ Receipts for out-of-pocket expenses (medications, medical equipment, travel, etc.)
- ☐ Any surveillance video (ask the property owner to preserve it in writing)
- ☐ Notes about how the fall has affected your daily life



3 KEEP A TIMELINE

Write down everything you can remember while it is still fresh.
Include dates, times, and as much detail as possible.

DATE	WHAT HAPPENED	LOCATION	WITNESSES



IMPORTANT CONTACTS

Property Owner / Manager: _____ Phone: _____
Insurance Company: _____ Phone: _____
Claim Number: _____
Attorney: _____ Phone: _____



WARNING SIGNS

These conditions may indicate negligence by the property owner:

- ☒ Wet or slippery floors with no warning
- ☒ Cracked, uneven, or broken pavement
- ☒ Poor lighting
- ☒ Loose rugs, mats, or carpeting
- ☒ Cluttered walkways or obstacles
- ☒ Missing or broken handrails
- ☒ Spills or hazards left uncleaned
- ☒ Icy or snowy conditions not treated
- ☒ Lack of maintenance or inspections
- ☒ No warning signs or barriers



BEFORE YOU SIGN ANYTHING

- ☐ Read every document carefully.
- ☐ Do not feel pressured to sign anything from an insurance company.
- ☐ Do not give a recorded statement.
- ☐ Do not accept a settlement offer without speaking with an attorney.
- ☐ An attorney can help protect your rights and get you the compensation you deserve.



NEED HELP?

If you have been injured in a slip and fall, Alvarez Legal is here to fight for you.

Contact us today for a free consultation.



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REGULAR PEOPLE.



WE HANDLE
THE LEGAL FIGHT.



NO FEE UNLESS
WE WIN.*