ARASH LAW

Fall and Medical Treatment Timeline

Use this timeline to organize records from the fall through your medical treatment. Write down the date, time, and source of each detail. If you cannot remember something or have not received a record, mark it as unknown or pending.

Keep both accounts if two records describe the same event in different ways. Note what you still need to clarify.

1 Before the Fall

Where to Look: Venue maps, tickets, seat details, photos, or videos.

What to Write Down: Your route, whether you were going up or down the stairs, and where the carpet ended.

Your Notes (Date, Time, and Details):

2 During the Fall

Where to Look: Your recollection, witness statements, photos, or camera footage.

What to Write Down: Where you lost your balance and landed, the condition of the carpet and stairs, and what witnesses saw.

Your Notes (Date, Time, and Details):

3 When Staff Responded

Where to Look: Incident reports, security logs, first-aid records, or staff accounts.

What to Write Down: Who helped you, what you reported, what staff observed, and what assistance you accepted or declined.

Your Notes (Date, Time, and Details):

4 When You Left the Venue

Where to Look: Ambulance records, accounts from people who accompanied you, or transportation receipts.

What to Write Down: When you left, how you traveled, where you went, and who accompanied you.

Your Notes (Date, Time, and Details):

5 At Your First Medical Visit

Where to Look: Ambulance reports, hospital records, or clinic notes.

What to Write Down: How you described the fall, when your symptoms began, exam findings, and care instructions.

Your Notes (Date, Time, and Details):

6 During Follow-Up Care

Where to Look: Imaging reports, medical notes, and earlier health records.

What to Write Down: New or worsening symptoms, test results, diagnoses, referrals, and activity restrictions.

Your Notes (Date, Time, and Details):

Example: A venue log might say “declined assistance” at 8:20 p.m. An ambulance report might show that paramedics examined you at 8:25 p.m., but you declined transportation. These records do not necessarily conflict. You may have accepted a medical evaluation without agreeing to an ambulance ride.

Your completed timeline and supporting records can provide information that helps assess a potential injury claim, even if some documents are still missing.