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## Asbestos Illness Warning Signs & Evidence Toolkit

Louisiana guide for documenting exposure, symptoms, and proof gaps.

### Five common warning signs to document

- Shortness of breath that persists or worsens over time
- Chest pain or chest tightness
- Chronic cough or wheezing
- Unexplained fatigue or weight loss
- New or worsening limits at work or daily tasks

### Evidence blueprint (quick version)

- Write your exposure timeline: jobs, sites, dates, and dusty tasks.
- Capture product clues: photos of labels, containers, or work areas.
- Get medical documentation: keep test reports and visit summaries.
- List witnesses: coworker names, union contacts, and supervisors.
- Track function: symptoms, missed work, and activity limits.

### First 72 hours checklist

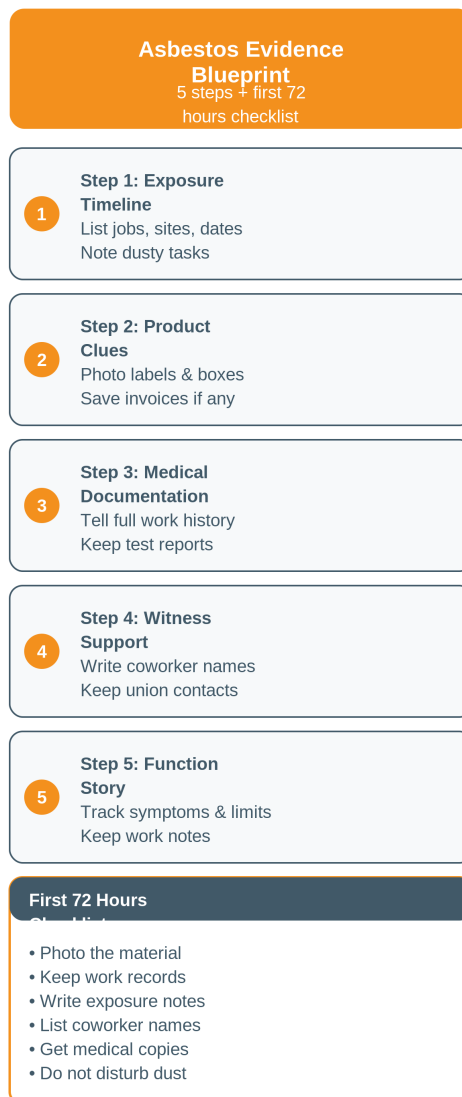
- Take photos of materials and work areas if it is safe to do so.
- Do not disturb dust or insulation; avoid creating airborne fibers.
- Write down who was present and who can confirm the work conditions.
- Request copies of medical records and schedule follow-up care.
- Save pay stubs, job records, and any work orders you can access.

### Documents that help (examples)

Item	Where it comes from
Work history list	Your notes + resume + Social Security earnings record
Medical testing	CT/PFT results, pathology reports, visit summaries
Product clues	Photos, invoices, Safety Data Sheets (SDS) if available

## Infographic 1: Evidence Blueprint

Five steps to preserve proof + a first 72 hours checklist.



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## Infographic 2: Defense vs Evidence

Common insurance narratives—and the records that address them.

Defense vs Evidence Common angles and proof anchors	
Defense Story	Evidence Anchor
No proven exposure	Work history Job sites Coworker names
Can't name the product	Photos & labels Invoices SDS sheets
It's smoking not asbestos	Doctor notes Exposure summary Alt-cause review
Normal imaging means no issue	Follow-up care PFT & CT when indicated
Too late deadline bar	Diagnosis date Symptom timeline Legal review fast

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## Free Case Review

Evidence-first help for Louisiana asbestos exposure and disease claims.

Babcock Injury Lawyers helps Louisiana families and workers build clear, trial-ready records in serious injury and exposure cases. If you are worried about what you are feeling or what you were exposed to, the safest first step is to document facts and get medical care.

### Contact

- Firm: Babcock Injury Lawyers
- Lawyer: Stephen Babcock
- Phone: (225) 500-5000
- Website: <https://www.stephenbabcock.com/>
- Contact: <https://www.stephenbabcock.com/contact-us/>
- Locations: <https://www.stephenbabcock.com/locations/>

### What We Do First

- Identify the exposure timeline and likely product sources.
- Spot evidence deadlines and preserve records quickly.
- Manage insurer contact strategy so your record stays consistent.

This toolkit is general information. For medical concerns, seek care from a qualified clinician. For legal guidance, talk to a Louisiana lawyer about your specific facts.