
How Do I File a Car Accident Injury Claim in Louisiana?

A print-friendly toolkit for steps, evidence, and common insurance pushback (general information, not legal advice).

Quick Start: The First 72 Hours

- Get to a safe place and call 911 if anyone needs emergency help.
- Take wide and close photos of all vehicles, the road, and any debris.
- Write down driver and witness names, phone numbers, and insurer info.
- Ask for the report or incident number and the responding agency details.
- Back up photos and videos the same day so they do not get lost.

Build Your Claim File

- Create one folder for bills, records, mileage, receipts, and job notes.
- Keep a simple symptom and activity log with dates and short entries.
- Save repair estimates, tow/storage receipts, and rental paperwork.
- Keep every text, email, and claim number from each insurance adjuster.

Common Pressure Points

- Recorded statement requests that can lock in a bad timeline.
- Early low offers tied to signing a full release too soon.
- Arguments about a treatment gap, a prior condition, or minor damage.

Item	Why It Matters
Crash report number	Helps confirm the agency, parties, and basic crash facts.
Vehicle photos/video	Preserves angles, lane positions, and visible damage.
Medical/work notes	Shows that symptoms affected real daily function.
Bills/receipts	Creates a clean paper trail for losses and reimbursement.

If you are unsure what to say to an adjuster, pause and get advice before you guess on timing, speed, or symptoms.

Evidence Blueprint

A 5-step plan for preserving the proof needed for a car accident injury claim.

Evidence Blueprint

**For a Louisiana Car
Accident Injury Claim**
Preserve proof early
before stories change.

1

Build a Timeline

Note times, roads,
and who saw what.

2

Report & Document

Notify insurers once.
Write down statements.

3

Keep Care Consistent

Follow up and keep
work and doctor notes.

4

Track Every Loss

Bills, mileage, wages,
photos, and receipts.

5

Avoid Proof Traps

Do not sign releases
before full review.

First 72 Hours

- Save vehicle photos.
- Get report number.
- List witness names.
- Save video clips.
- Back up files fast.

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Defense vs Evidence

Common insurance narratives and the documentation that answers them.

Defense vs Evidence	
What Insurers Say And What Closes Gaps	
Defense Angle	Evidence Anchor
You Caused It They blame you to cut recovery.	Scene Proof Photos + video Witness names Crash report notes
Delay in Care Gap means no injury.	Consistency Appointments kept Work notes saved Symptom log dates
Minor Impact Damage looks small.	Damage Records Vehicle photos Repair estimate Pain timeline
Pre-Existing They say it was already there.	Baseline vs New Prior records New symptoms noted Doctor link note
Quick Release Low offer ends it.	Slow It Down Bills first then decide.

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Talk to a Lawyer Before the Record Hardens

This page is for planning your next call. Outcomes depend on facts, and this toolkit is not legal advice.

When Calling Helps Most

- You are within the first 72 hours and evidence may disappear.
- You have multiple insurance policies, vehicles, or drivers involved.
- An adjuster is pushing for a recorded statement or a quick release.
- You are missing work, or symptoms are affecting daily function.

Contact

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Tip: Bring your crash report number, photos, and the names of your insurance adjusters if you have them, but do not delay calling if you do not.