

Supermarket Accident — Evidence Checklist (Free)

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Last updated: 9 August 2025

Accidents in supermarkets happen fast. Use this one-page checklist in the first 30 minutes — and over the next month — to protect your health, your proof, and your claim.

At the scene (0–30 minutes)

- Report it to staff and ask for an incident record. Check the details are accurate.
- Photograph the hazard, the wider area and your injuries (wide shot + close-up with a size reference).
- Take names and mobile numbers of any witnesses.
- Note the exact time, aisle/area and what you were doing.
- Before you leave, ask for the incident/reference number.

Same day: preserve CCTV & evidence

- Email the store manager asking them to preserve all relevant CCTV for the time and area (aisle and entrances).
- Keep your receipts, damaged items and the footwear you wore (don't wash them).
- Write a short account while it's fresh — what happened, who you spoke to, what was said.

Medical & pain diary

- Seek medical advice promptly (GP, Urgent Care or A&E as appropriate).
- Record pain levels, sleep, medication and daily limitations (keep a simple diary).
- Store appointment letters, fit notes and treatment invoices together.

Next 30 days

- Follow medical advice and your treatment plan.
- Keep a log of time off work and any help you need at home (who helped, hours).
- Avoid discussing the incident with insurers before getting legal advice.
- If the store denies liability, don't worry — strong evidence often decides the outcome.

Quick 5-step action plan (recap)

1. Report and check the incident record.
2. Photograph hazard, area and injuries (wide + close-up).
3. Witnesses — names and mobiles.
4. Email the store to preserve CCTV (same day).
5. Medical assessment and keep receipts.

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