

If you have just been injured on the job...



There are a few very important things you need to know.

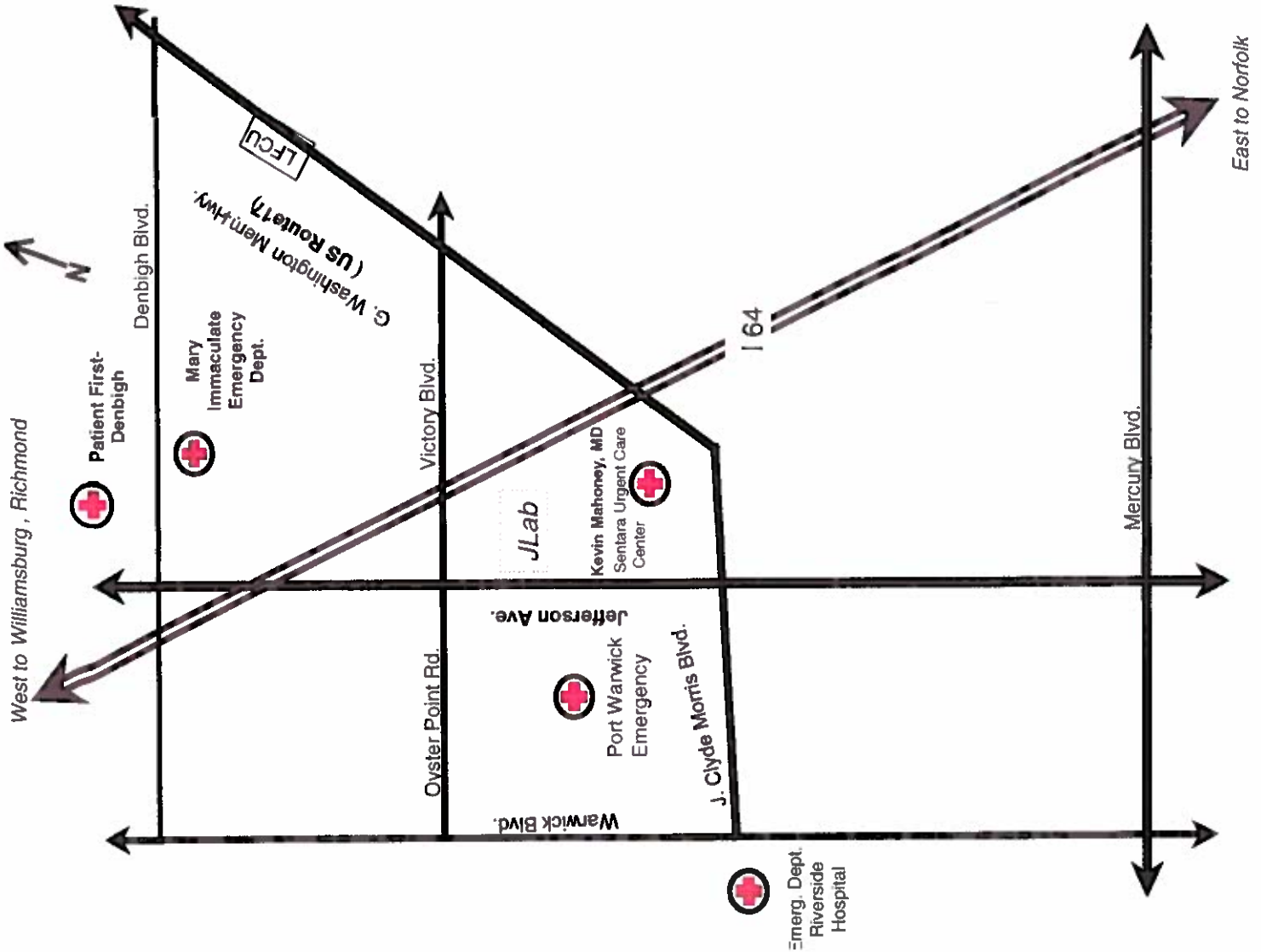
Emergency phone numbers:

Newport News Fire and Rescue: 911 or (9-911)
 JLab Occupational Medicine: 269-7539
 Nurses' pager: 584-7539 or 584-5585
 On-site emergency response: ext. 5822

Please take one of these pamphlets and read it.

Revised April 15, 2015

If you are injured or become acutely ill at work, there are some things you need to know. Call 911 right away if this is a serious injury or illness.



Is this during JLab's normal business hours?
(8:00 AM to 5:00 PM)

- ◆ If so, call or go to **JLab Occupational Medicine (269-7539)**. Occupational Medicine staff will provide first aid and determine if you need additional care. They will come to your location if you are unable to get to the clinic.
- ◆ If the number is busy, page **Occ. Med. (584-7539 or 584-5585)** and enter the number of your phone. Stay at the phone; a staff member will call back promptly.

Is this outside of normal working hours?

- ◆ Go to the nearest emergency medical facility. Tell them that you work at JLab, and this is work related. JLab's designated physician referral panel is listed in this pamphlet. Use one of them during their open hours.
- ◆ **Do not go to your personal physician.** It is very likely you will have to pay the bills if you do.
- ◆ As soon as you are able, contact Occupational Medicine.

No matter what time of the day, **if this is a serious injury** (profuse bleeding, electrical shock, head injury, loss of consciousness, etc.), **call 911 right away!** Then call Occupational Medicine. Call 5822 to alert our on-site emergency response actions.

As soon as possible, notify your supervisor of your situation.

JLab's Physician Referral Panel

Kevin Mahoney, MD

Sentara Urgent Care Center
747 J. Clyde Morris Blvd.
Newport News, VA 23601
757-599-6117

Dr. Gilbert F. Schmidt, Jr., MD and partners

Sentara Port Warwick
1031 Loftis Blvd.
Newport News, VA 23606
757-736-9800

Malak Issac, MD.

Patient First-Denbigh
611 Denbigh Boulevard
Newport News, VA 23608
757-283-8300

Nearest Emergency Departments

Port Warwick II

Sentara Emergency Center
1031 Loftis Blvd.
Newport News, VA 23606
757-736-9800
Open 24 hours

Mary Immaculate Hospital (MIH)

Emergency Dept.
2 Bernadine Dr.
Newport News, VA
757-886-6000

**Virginia Emergency Physicians
Riverside Hospital Emergency Dept.**

500 J. Clyde Morris Blvd.
Newport News, VA 23601
757-594-3080

Be aware that only MIH Emergency Dept., Port Warwick Emergency, and Riverside Emergency Dept. are always open in the evenings and weekends. Other providers may or may not; call first.

See the map on the reverse side for the nearest locations.

These physicians and treatment facilities understand how to manage occupational injury cases to maximize your recovery, and how to coordinate insurance coverage.

→ Important! ←
Your claim may be denied by the insurance carrier if you fail to use proper procedures – including reporting the injury promptly.

If you are a JLab staff member, when you return to work after a physician referral...

1. Check in with Occupational Medicine. If the treating physician gave you a return-to-work note or similar paperwork, show it to the nurse.
 2. Occupational Medicine staff will coordinate any work restrictions with your supervisor. This protects you from aggravating your injury or delaying your recuperation.
 3. Comply with any activity limitations the physician may have stated – at home and at work.
 4. Check back with the Occupational Medicine as scheduled and after any follow-up visit to the off-site physician or other treatment facility.
 5. Call Occupational Medicine if you have any problems: with your injury, with treatment, or if you receive bills for your treatment.
- The information in this pamphlet is taken from the **JLab EH&S Manual**, chapter **6800, Appendix T2**. Please refer to this for additional information, or call Occupational Medicine at 7539.