

INJURED ON THE JOB?

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 (profuse bleeding, electrical shock, head, injury, loss of consciousness, etc). Then Call 5822 to alert on-site emergency response.

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

DURING JLAB'S NORMAL BUSINESS HOURS (8:00 AM TO 5:00 PM)

- 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.

OUTSIDE NORMAL WORKING HOURS

- Go to the nearest emergency medical facility. Tell them that you work at Jefferson Lab, 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.
- As soon as possible, notify your supervisor of your situation.

JLAB STAFF WHEN YOU RETURN TO WORK AFTER A PHYSICIAN REFERRAL

- Check in with Occupational Medicine

JLab's Physician Referral Panel

Kevin Mahoney, MD

Velocity Urgent Care
747 J. Clyde Morris Blvd.
Newport News, VA 23601
757-772-6121

Peninsula Emergency Physicians

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

Phi Bao Lam, 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
757-886-6656

Riverside Hospital Emergency Dept.

500 J. Clyde Morris Blvd.
Newport News, VA 23601
757-594-2050

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 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.

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.

