

## What is occupational medicine?

Occupational medicine is all about keeping workers healthy and workplaces safe. Employees injured while working or who suffer from work-related illnesses or diseases require specialized care.

Occupational medicine physicians are experts in diagnosing and treating occupational injuries and diseases, as well as identifying the physical, chemical, biological, and social environments of the workplace and their effects on health outcomes.



### At the Mount Sinai Selikoff Centers for Occupational Health,

Our occupational medicine physicians often work with industrial hygienists, ergonomists, and other experts to achieve the best health outcomes for workers.

Through work with unions and employers, we strive to assess and reduce risk factors in work environments, to establish safe, healthful, and productive workplaces, and to prevent injuries from occurring.



**Mount Sinai** *Selikoff Centers for Occupational Health*

**The Mount Sinai Selikoff Centers for Occupational Health** are widely recognized as leaders in the prevention, diagnosis, and treatment of workplace injuries and illnesses.

To learn more, call us at **888.702.0630**, or visit us at [www.mountsinai.org/selikoff](http://www.mountsinai.org/selikoff).

#### Locations:

**New York City  
Manhattan**

1468 Madison Avenue  
Annenberg Building, 3rd Floor  
New York, NY 10029  
212.241.1554

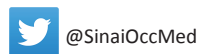
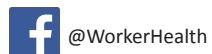
#### **Staten Island**

2052 Richmond Road, Suite 2A  
Staten Island, NY 10306  
212.241.1554

#### **Mid-Hudson Valley**

**Yonkers**  
1020 Warburton Avenue, Suite 1  
Yonkers, NY 10701  
914.964.4737

Email us: [occmed@mountsinai.org](mailto:occmed@mountsinai.org)



**Mount Sinai** *Selikoff Centers for Occupational Health*

**RESOURCE FOR WORKERS  
A GUIDE TO HEALTH & SAFETY**



## What should you do if you are injured on the job?

### Seek medical assistance.

If you need urgent care, seek treatment at the nearest emergency room or urgent care facility, or call 911.

### Report your injury to your supervisor or employer.

Report your injury in writing within 30 days of the injury. Make notes about what happened, which supervisor was notified, and who witnessed the accident/incident.

### Make an appointment at the Mount Sinai Selikoff Centers for Occupational Health.

Call us at **888-702-0630**. Our physicians are experts in occupational health and will be able to evaluate your case, provide treatment, and if eligible, file necessary paperwork with the NYS Workers' Compensation Board that will allow you to apply for medical and compensation benefits.

### File a C-3 form with the New York State Workers' Compensation Board.

Our social work team and workers' compensation coordinator can guide you through the process.



ARE SERVICES: Use this section to report any COVERED health service (hospital, clinic, ambulance company, etc.) provided by the provider of service (the provider of service submitted. Balance forward bill. Please be sure that duplicate bills are not submitted.

medical expense the result of an accident?  YES  NO If yes, ind

condition or injury job related?  YES  NO If yes, have you fil

been treated for the same condition within the last 24 months?  YES  NO

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## What are your rights as a worker?

### Workers have the right to a safe working environment free of hazardous conditions.

You have the right to access information that your employer has about potential dangers like noise or toxic chemicals in the workplace.



### Workers have the right to file a complaint if working conditions are unsafe or unhealthy.

If you believe your working conditions are unsafe, call the Occupational Safety and Health Administration (OSHA) at **800-321-6742** and request a workplace inspection.

It is illegal for employers to retaliate against a worker for filing a complaint.

### Workers have the right to file for Workers' Compensation.

If you are injured on the job or become ill due to your work environment, you can file for workers' compensation.

## What is Workers' Compensation?

Workers' compensation is a type of insurance for employers that provides cash benefits for lost wages and/or medical benefits to workers who become injured or ill while working.

### Am I entitled to Workers' Compensation?

If you are injured or become ill as a result of your work (or a pre-existing injury or illness becomes worse or flares up because of your work), you may be eligible for workers' compensation benefits.

### Applying for Workers' Compensation:

Notify employer of injury or illness within 30 days and contact and the New York State Workers' Compensation Board. Notification to the employer is required by law!

#### Two ways to file a claim:

- Schedule an appointment to meet with a Selikoff Centers for Occupational Health workers' compensation specialist to assist in filing an employee claim (Form C-3).
- Or visit **www.wcb.ny.gov** and select "File a Claim", if you have questions about filing please call **877-632-4996** and a Board representative will assist you.

### What can I get from Workers' Compensation?

If your Workers' Compensation case is authorized, benefits can include cash, medical care, social security, and death benefits. A list of benefits can be found in the "Workers Compensation Benefits" section here: **www.wcb.ny.gov**.