



# News You Can Use

## Comprehensive Services

- ◆ 100% Physician Only Injury Care
- ◆ Job-Related Injuries & Illness
- ◆ Physical Examinations
- ◆ DOT Mandated Services
- ◆ Medical Review Officers
- ◆ OSHA & MIOSHA Examinations
- ◆ Drug & Alcohol Screening
- ◆ HazMat Examinations
- ◆ Physical Therapy
- ◆ Independent Medical Evaluation
- ◆ Hepatitis Immunizations
- ◆ Flu Vaccines
- ◆ Sports Medicine
- ◆ On-Site Services
- ◆ Laboratory Services
- ◆ Wellness Services

## BFN Cultivates Occupational Health with MED-1

Nearly seven decades ago, John Zelenka sold his first crop of pine and spruce seedlings for Christmas tree production, soil conservation, and reforestation. Today, Zelenka Nurseries is part of the Berry Family of Nurseries (BFN), one of the largest nursery operations in the country. BFN operates more than 1,700 acres of evergreens, trees, shrubs, and perennials cared for by approximately 540 employees during peak growing season.

Debbie Gratton, Human Resource Manager for the Grand Haven-based operation, relies on MED-1 Occupational Health System to care for employee health with a wide range of prevention, treatment, screening, and industry-specialized services. "MED-1's

Holland clinic provides convenient access for our workers," says Debbie. "And we appreciate the quick response to our needs."

Because the nature of nursery work activities can result in muscle strains, BFN took proactive measures. Debbie asked MED-1 to provide education on proper lifting techniques to promote safe work practices and reduce the possibility of injury.

MED-1 physical therapists came on site to present a session on the health risks of improper lifting, demonstrated proper techniques, and offered a stretching program. "Employees begin their shifts with a series of stretches to prepare for the work day," says Debbie. "We were pleasantly surprised employees are more than willing to participate and the exercises reinforce good behaviors."

*BFN's proactive approach to preventing strains and sprains has resulted in a nearly 70% reduction in injuries.*

BFN provides respiratory protection for employees working in areas where engineering controls alone cannot protect them from atmospheric contamination. Before an employee uses respiratory protection, MED-1 provides medical evaluation and appropriate fit testing to confirm the proper equipment selection.\*

MED-1 also assists with monthly cholinesterase testing to detect and monitor exposure for employees working with agricultural chemicals and

pesticides as required by OSHA. "MED-1 sends a medical technician on site each month to draw blood and process results to ensure effected employees are meeting the requirements for safety and adherence to regulatory requirements regarding the use of chemicals in spraying," says Debbie.

Continued innovation through the years has allowed BFN to become an industry leader through creative processes and a commitment to customer care. "MED-1 is an integral part in keeping our workforce safe and healthy," says Debbie. "We look forward to continuing our partnership in providing our employees with quality occupational healthcare."

\*For more on Respiratory Protection Program equipment and requirements, see the MED-1 Fall 2013 Wellness at Work at [www.med1services.com](http://www.med1services.com).



## Occupational Health System

**Personal Service...Professional Results**

*“Because we focus on occupational healthcare, MED-1 partners with employers to achieve successful prevention, treatment, and management strategies for workplace injuries.”*

*Dr. Julienne Little,  
MED-1 Medical Director.*

## Resolving Work-Related Injuries

Each day, thousands of U.S. workers are involved in workplace injuries. As an employer, you want to protect the health of your work force and it can be a matter of timing and a team approach.

By making an investment in on-the-job training, new workers are better suited to their tasks. And soliciting feedback in the first few months can prevent injuries related to performance and skills.

When workers are injured, it takes a team to accurately investigate, report, and initiate treatment. Your onsite team should include first responders, safety coordinators, and an occupational health professional, if possible.

When treating on-the-job injuries or illnesses, your occupational health team can help with:

- ✓ Applicable substance screenings;
- ✓ Accurate diagnosis;
- ✓ Evaluation and treatment plans;
- ✓ Recovery management;
- ✓ Workers’ Compensation resolution; and,
- ✓ Case management.

A critical key to managing workplace injury is early intervention and response. Responding to all injuries immediately serves the medical needs of the effected employee and fulfills your recordkeeping requirements.

MED-1 uses workflow technology to optimize medical care by documenting the treatment of on-the-job injuries. Then we apply proven methods for successful outcomes for the patient and employer:

- ✓ Obtaining an in-depth history to determine the source of the injury;
- ✓ Timely delivery of care by a physician 24/7/365;
- ✓ Setting follow-up appointments to monitor care and recovery;
- ✓ Using objective physical therapy referrals to facilitate recovery;
- ✓ Incorporating return-to-work programs to keep employees productive through transitional or modified duty;

- ✓ Performing case review to insure the highest quality of medical care and case resolution; and
- ✓ Working on-site to understand job requirements, risks, and exposures.

We all want to prevent injuries and illness, but when treatment is necessary, MED-1 is your partner in care coordination for your employees. Our team of specialists understands the workplace environment and we respond quickly to each client company’s needs to provide the communication to resolve injuries.

For more information on managing workplace injury, contact Mary Alice at 616.459.1560 or [maehrlich@med1services.com](mailto:maehrlich@med1services.com)

\*Portions taken from Dr. Little’s Symposium presentation on May 21, 2013 entitled “Benefits of a Team Approach to Resolving Work-Related Injuries”

### Did You Know?

**According to national data\* on workplace injury and illnesses:**

A typical workplace injury averages **8 days** away from work.

**20%** of injuries occurred in **nursing, janitorial, truck driving, and police enforcement** occupations.

**26%** of injured workers were **45-54 years old**.

Workers with **1-5 years of service** accounted for **35%** of all cases

**33%** of injuries involved **musculoskeletal disorders**.

“Nonfatal Occupational Injuries and Illnesses Requiring Dates Away from Work, 2011”, [www.bls.gov](http://www.bls.gov), issued on November 8, 2012.

## Clinical Excellence: DOT Medical Examiner Certification

*DOT Medical Examiner Certification is required by May 2014.*

*Several MED-1 physicians are already certified and listed on the National Registry.*

The U.S. Department of Transportation recently announced an important new safety rule requiring the training, testing, and certification of health care professionals performing medical examinations for interstate truck and bus drivers.

As of May 21, 2014, all drivers must obtain a medical examination from certified medical examiners listed on the National Registry database.

All commercial drivers must pass a DOT medical examination at least every two years in order to obtain a valid medical certificate, maintain their commercial driver's license, and legally drive a commercial motor vehicle.

The final rule includes the creation of a national online database of medical examiners who have completed the Federal Motor Carrier Safety Administration's (FMCSA) certification process.

FMCSA developed the National Registry of Certified Medical Examiners as part of their commitment to enhancing the medical oversight of interstate drivers, and preventing commercial vehicle-related crashes, injuries and fatalities. The rule also addresses National Transportation Safety Board (NTSB) recommendations on comprehensive training for

medical examiners and tracking of driver medical certificates.

The National Registry listing provides a reference for employers and drivers to obtain a list of certified medical



examiners who sufficiently understand how FMCSA medical regulations and related guidance apply to CMV drivers.

To become a certified medical examiner, a physician must:

- ✓ Be licensed, certified, or registered to perform physical examinations in accordance with applicable State laws and regulations.
- ✓ Register through the National Registry System and receive a unique identifier.
- ✓ Complete required training.
- ✓ Pass the medical examiner certification test.
- ✓ Take refresher training every 5 years and take the certification test every 10 years to maintain their certification.

For more information and a listing of certified medical examiners, visit the National Registry website at [nrcme.fmcsa.dot.gov](http://nrcme.fmcsa.dot.gov).

### DOT Physical Exams

MED-1 provides Department of Transportation (DOT) physical examinations in compliance with all the latest DOT mandates and protocols including providing certified medical examiners listed on the DOT National Registry.

MED-1 physicians conduct hands-on physical examinations with the goal of determining whether an employee's physical and mental health are compatible with the safe and reliable performance of the assigned task and safety sensitive position.

These exams determine the existence of any significant defect or limitation which interferes with the ability to perform normal tasks associated with the operating of a motor vehicle including:

- ✓ diabetes;
- ✓ heart disease;
- ✓ respiratory dysfunction;
- ✓ high blood pressure;
- ✓ muscular, neuromuscular or vascular disease;
- ✓ epilepsy;
- ✓ mental or psychiatric disorders;
- ✓ hearing;
- ✓ eye sight;
- ✓ color blindness; and,
- ✓ substance abuse.

For more information on MED-1 DOT exams, contact Mary Alice Ehrlich at 616.459.1560 or [maehrllich@med1services.com](mailto:maehrllich@med1services.com).



**Occupational Health System**

MED-1 Leonard  
1140 Monroe Ave NW, Suite 150  
Grand Rapids, MI 49503  
Phone: 616.459.6331  
Fax: 616.459.2569  
24/7/365 Injury Care & Drug Screens  
Physicals: M-F 7 am-7 pm, Sat 9 am-Noon  
Rechecks by Appointment

MED-1 Breton  
4433 Breton Avenue SE  
Kentwood, MI 49508  
Phone: 616.281.6000  
Fax: 616.281.6038  
Services: M-F 7 am-6 pm  
Physicals: M-F 7 am-5:30 pm  
Rechecks by Appointment

MED-1 Holland  
383 Garden Ave.  
Holland, MI 49424  
Phone: 616.494.8271  
Fax: 616.494.8273  
Services: M-F 7am-6 pm  
Physicals: M-F 7 am-5:30 pm  
Rechecks by Appointment

[www.med1services.com](http://www.med1services.com)

## Schedule Your Flu Vaccine Clinics Now and Save!

MED-1 is offering seasonal flu vaccine for our employer companies. This year's vaccine will include protection against **H1N1** as well as two other viruses—**H3N2** and **influenza B**.

MED-1 will administer flu vaccine immunizations at your company site for **\$25/injection and NO hourly fee** (10 or more injections).

By offering on-site flu vaccinations, you can protect your employees and reduce absenteeism and loss of productivity for your company.

If you are interested in providing flu vaccines for your employees, please call us as soon as possible to schedule your on-site flu clinic.

To schedule your flu vaccine clinic, contact:

Debbie Parrish  
Leonard & Breton  
**616.459.1562**

Shanna Beltman  
Holland  
**616.459.1576**

## Save the Date—Spring 2014 Symposium



Mark your calendars and save the date for the **MED-1 13th Annual Spring Educational Symposium** on **Tuesday, May 13, 2014**.

The symposium will be held at the Prince Conference Center at Calvin College and will feature L. Casey Chosewood, MD, Senior Medical Officer, Total Worker Health™, National Institute for Occupational Safety and Health Centers for Disease Control and Prevention

As always, registration will include a continental breakfast; attendance at all presentations; and, free parking.

For more information or questions, contact Mary Alice at (616) 459-1560.

## MED-1 Staff Member Exhibits at Art Prize

One of our own MED-1 staff members exhibited in the recent Art Prize event held September 18<sup>th</sup> through October 6<sup>th</sup>.

Amanda Wisniewski, MED-1 Breton Clinical Coordinator, created a statement piece on the importance of recycling called **Save What's Left**. The piece features the earth with 8 animals circling the planet, all of which is made of plastic. Amanda's entry was exhibited at the Sixth Street Bridge Park, located at 803 Monroe Ave NW Grand Rapids, MI 49503.

For more information on Art Prize, visit [www.artprize.org](http://www.artprize.org).



**News You Can Use** is a regular publication provided by MED-1 Occupational Health System and is designed to provide information on occupational health issues.

For more information on any topics presented, contact:

Mary Alice Ehrlich  
616.459.1560  
[maehrich@med1services.com](mailto:maehrich@med1services.com)

Or visit us on the web at:  
[www.med1services.com](http://www.med1services.com).