



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



Join us for MED-1's
12TH ANNUAL SPRING SYMPOSIUM
WORKING TOGETHER *to* MOVE FORWARD

TUESDAY, MAY 21, 2013
7:30 A.M. – 12:30 P.M.
PRINCE CONFERENCE CENTER, CALVIN COLLEGE
1800 EAST BELTLINE SE, GRAND RAPIDS, MI, 49546

SPEAKERS

Leonard Hickey Attorney at Law Hickey Coombs, PLC <i>Worker's Comp Issues That Impact Employers</i>	Kyle Randall, MD Orthopaedic Surgeon Michigan Orthopaedics and Sports Medicine, PC <i>The Injured Worker: Surgical Repair to MMI</i>	Craig Coulson Risk Manager City of Grand Rapids <i>The Truths of Risk Management</i>	Alison Brown, Ph.D., LMSW CEO Encompass <i>Putting Positivity Into Practice: Practical Concepts</i>	Julienne A. Little, DO Medical Director MED-1 Occupational Health System <i>Treating the Injured Worker</i>
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MED-1 is dedicated to keeping our employer companies informed on all the issues important to occupational health care by providing a variety of educational and networking opportunities:

- ✓ **Annual Symposiums**
- ✓ ***News You Can Use* Newsletters**
- ✓ **Employer Advisory Boards**
- ✓ **Special Events and Presentations**

Registration is currently in process for our 12th annual educational symposium. You won't want to miss this information-packed, half day event.

Registration is \$55 per person and includes a deluxe continental breakfast and plentiful parking.

Why should you attend? Previous attendees tell us....

"Wonderful mix of topics - I look forward to this event every year."

"Wonderful symposium today - great topics - lots to think about. Grateful to have MED-1 available to us."

"Nice format - good info w/o a huge time commitment. Good job!"

"Excellent, each year better and better."

For information on any of our value-added programs or to register for the symposium contact -

Mary Alice Ehrlich at 616-459-1560 or maehrlich@med1services.com

Tammie Milligan at 616-459-1570 or tmilligan@med1services.com

Occupational Health System

Personal Service...Professional Results

Maintaining a Safe and Healthy Workplace



We hope you were able to join MED-1 for the 2013 **Michigan Safety Conference** in downtown Grand Rapids where over 3,000 professionals gathered for information on occupational health, industrial hygiene, and other related topics.

Dr. Julianne Little, MED-1 Medical Director, provided a presentation on **The Injured Worker and the Associated Stress They Experience** covering key areas related to injury stress including:

- ✓ Peer pressure,
- ✓ Supervisor response,
- ✓ Inconvenience,
- ✓ Pain and treatment,
- ✓ Impact on their personal life, and
- ✓ Potential loss of income.

If you would like more information on this topic, please contact Mary Alice at 616-459-1560 or maehrlich@med1services.com.

MED-1 offers a variety of physical exams:

- ✓ *Post-Offer*
- ✓ *DOT*
- ✓ *Periodic*
- ✓ *Return-to-Work*
- ✓ *Fitness*
- ✓ *Executive/Annual*

We can also customize exams specifically for your company needs.

Early Detection Saves Lives—And Money!

Employment physicals are an increasingly important component of the hiring process for many companies. A medical review of employees allows you to assess your new hire's ability and minimize risk for injury using job-specific examinations including:

- ✓ Medical history and physical exams
- ✓ Vital screenings of blood pressure, height and weight, hearing and vision; and, other health indicators
- ✓ Drug and alcohol testing

Many employers require a pre-employment physical exam as part of the hiring process to:

- ✓ Determine the employee's ability to perform a particular job
- ✓ Promote overall work site health and safety
- ✓ Comply with mandated regulation such as DOT, OSHA, etc.

Post offer physicals help assess medical conditions that may affect the employees' ability to safely perform their job responsibilities. Employment physicals also establish a baseline health status for your employees for medical and legal record keeping.

Depending on the requirements of the job, some companies also include additional components for their examinations including lift tests,

respiratory, and other fitness testing to assist in determining the proper job placement.

The key to meeting requirements and also protecting your company from risk is to make sure your hiring process and conditions of employment are clearly documented in writing (e.g., lifting requirements, drug-free workplace, non-smoking, etc.) and communicated to all employees in the same position.

Documentation can protect you from risk and streamline the hiring process when you include:

1. Written job descriptions
2. The amount of time spent performing the job under which type of conditions
3. Work experience required
4. The consequences of not performing the job
5. The terms of any union, collective bargaining, and/or required employment practices

Incorporating employment-related physicals into your overall occupational health and safety programs can provide short and long term benefits for your company. Contact MED-1 for more information on physical exams and other ways to reduce the costs of benefits and avoid worker's compensation claims.

Clinical Excellence: Infection Control

In the U.S., there are 2 million infections per year in hospitalized patients...or 1 infection per 20 patients. Hand hygiene is the essential component in decreasing incidence.

Healthcare is the fastest growing sector of the U.S. economy accounting for more than 18 million workers, the majority of them women.

Their job hazards include musculoskeletal injury, needle sticks, violence and stress. But equally life-threatening, yet controllable, are infections transmitted to workers...or by workers to patients.

Hand hygiene is the essential components in decreasing the spread of infections.



Immunizations are also critical to preventing outbreaks of influenza, hepatitis, tetanus, and other controllable diseases. Eye protection and other personal protective equipment should be part of every contact with potentially infected people or environments.

Once an infection occurs, the first step to treatment is determining:

- Route of entry
- Physical properties
- Warnings
- Preventions requirements

An exposure prevention plan is an important part of understanding and controlling exposures and is required by the Occupational Safety and Health Administration (OSHA). The National Institute for Occupational Safety and Health (NIOSH) recommends that an exposure control plan include:

A written **policy** for protecting employees from exposures.

Documentation of the administration plan for the program.

A list of employee exposure

Procedures for evaluating circumstances surrounding an exposure incident.

Recordkeeping, including compliance monitoring and annual plan updates.

To help improve your plan and avoid common problems, NIOSH recommends you:

- ✓ Proactively inform workers of your plan and where it is located;
- ✓ Designate a person to be in charge of implementing the plan;
- ✓ Involve workers and solicit their input;
- ✓ Be specific about how you will implement controls; and,
- ✓ Clarify for workers how to help control risk of exposure.

You can rely on MED-1 to provide more information on preventing and treating infections in your work environment because we see your employees every day and know how important health and safety is to you.

For more information, contact Mary Alice Ehrlich at 616.459.1560 maehrllich@med1services.com.

determinations to help identify the likelihood of exposure.

Universal **precautions** for treating all potential infections.

Employee **education** and training information.

Facility-specific **methods** for control, including engineering controls, personal protective equipment, and work practice controls.

Post-exposure **reporting**, evaluation, counseling and follow-up procedures.

Portions taken from "Infection Prevention", presented by Dr. Julianne Little, MED-1 Medical Director, for the Spring Conference of the Michigan Society for Infection Prevention and Control.



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

Summer Holiday Clinic Hours

Although it might not feel like it, summer will be here in just a few short months.

Mark your calendars for these MED-1 holiday clinic hours. And remember, MED-1 Leonard is always open 24/7/365 to treat your injured employees.



Memorial Day Weekend

Saturday, May 25th

Sunday, May 26th

Monday, May 27th HOLIDAY

4th of July

Thursday, July 4th HOLIDAY

Labor Day Weekend

Saturday, August 31st

Sunday, September 1st

Monday, September 2nd HOLIDAY

Leonard	Breton	Holland
OPEN 24/7 Injury Care & Drug Screens No Rechecks/Exams	CLOSED	CLOSED
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OPEN 24/7 Injury Care & Drug Screens No Rechecks/Exams	CLOSED	CLOSED
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For more information or questions about our clinic hours, contact Mary Alice Ehrlich at 616.459.1560 or maehrlich@med1services.com

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
maehrlich@med1services.com

Or visit us on the web at:
www.med1services.com.