



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?

**Get medical care.** If you need care right away, get treatment at the nearest emergency room or urgent care facility. For medical emergencies, call 911.

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

**Make an appointment** at the Mount Sinai Selikoff Centers for Occupational Health. Our physicians are experts in diagnosing and treating work-related injuries and illnesses. Call us at **212-241-1554** to schedule!

**File a C-3 form** with the New York State (NYS) Workers' Compensation Board. Our workers' compensation specialists can guide you through the process.

### As a worker, you have the right to:

**A safe working environment free of hazardous conditions.** You have the right to access information from your employer about potential dangers like noise or chemicals in the workplace.

**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 ask for a workplace inspection. It is illegal for employers to retaliate against a worker for filing a complaint.

**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 that helps workers get payments for medical bills and/or lost wages if they become sick or injured on the job. If you are injured or get sick as a result of your work (or a pre-existing injury or illness gets worse or flares up because of your work), you may be eligible for workers' compensation.

### Applying for workers' compensation:

Notify your employer about the injury or illness within 30 days and contact the NYS Workers' Compensation Board. Notification to the employer is required by law.

### Two ways to file a claim:

1. Schedule an appointment with our workers' compensation specialist who can help you with the process, **or**
2. Visit [www.wcb.ny.gov](http://www.wcb.ny.gov) and select "File a Claim"  
For questions or assistance, call **877-632-4996**.

### What can I get from workers' compensation?

If your case is authorized, benefits can include cash, medical care, social security, and death benefits.

Visit [www.wcb.ny.gov](http://www.wcb.ny.gov) to learn more about benefits.


## How We Can Help:

**Occupational medicine** is all about keeping workers healthy and workplaces safe. Work-related injuries or illnesses require specialized care, and the Mount Sinai Selikoff Centers for Occupational Health can help!

Our dedicated team of physicians, industrial hygienists, ergonomists, and other experts work together to achieve the best health outcomes for workers. We partner with unions, employers, work centers, and community-based organizations to establish programs to prevent injuries and enhance worker health and safety.

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

### Contact us today:

 **212-241-1554**

 **occmed@mssm.edu**

 **[mountsinai.org/selikoff](http://mountsinai.org/selikoff)**

### Our Locations:

#### New York City

##### Manhattan Clinical Center

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

##### Staten Island Clinical Center

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

#### Mid-Hudson Valley

##### Suffern Clinical Center

222 Route 59, Suite 106  
Suffern, NY 10901

##### Yonkers Clinical Center

1020 Warburton Avenue, Suite 1  
Yonkers, NY 10701