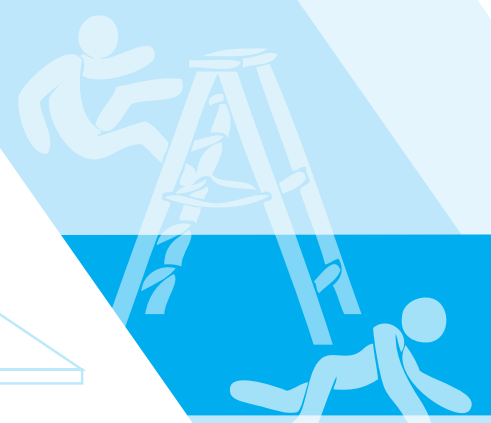
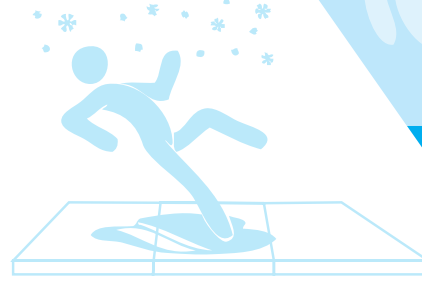




**Mount  
Sinai**

*Selikoff Centers for  
Occupational Health*



# What Is Occupational Medicine?

Occupational medicine is all about keeping workers healthy and workplaces safe. Employees injured during the course of employment, or who suffer from work-related illnesses or diseases, require specialized care and may be eligible for Workers' Compensation benefits. These include medical and hospital services, medically necessary equipment and prescribed drugs, partial wage replacement, and rehabilitation services.

The physicians and health specialists at the Mount Sinai Selikoff Centers for Occupational Health are experts in diagnosing and treating occupational injuries and diseases, determining the ability of an employee to perform work, and evaluating the physical, chemical, biological, and social environments of the workplace and their effects on health outcomes. Our medical team also works with employers to assess and reduce risk factors in work environments and to establish comprehensive health and safety programs designed to encourage a safe, healthful, and productive workplace.

## What are occupational injuries and illnesses?

Musculoskeletal injuries are common occupational health issues and can be caused by trauma, repetitive motions, and overuse. Cuts and lacerations, injuries to the eyes, and hearing loss are also common. The construction industry has a high incident rate of injuries caused by falls or being struck by an object or equipment. Individuals in the hospitality and food service sectors share a similar risk profile, working in fast-paced, repetitive, physically demanding jobs that can also involve chemical exposure.

Some jobs are at a higher risk of exposure to infectious diseases. Health care workers, simply by the nature of their jobs, are routinely exposed to sick individuals and at risk of exposure to bloodborne pathogens such as the human immunodeficiency virus (HIV), hepatitis B virus, and hepatitis C virus.

Repeated or extended exposure to toxic substances can lead to a variety of occupational lung diseases. Occupational asthma is the most common form. While occupational lung disease is commonly associated with coal miners, workers across industries are at risk if they are exposed to hazardous chemicals and materials, cleaning agents, dusts, fibers, or air pollutants.

Cancer is a leading cause of death worldwide. The U.S. Centers for Disease Control estimates that each year millions of U.S. workers are exposed to carcinogens, or cancer-causing substances. Examples of carcinogens found in the workplace are arsenic, asbestos, cadmium, chromium, nickel compounds, radon, and silica. It has been estimated that up to 10% of U.S. cancers are caused by occupational exposures.

An individual's risk of developing a cancer is influenced by a combination of personal factors and levels of exposure. For example, individuals working with paints, adhesives, pesticides, and cleaning solvents may

be working with hazardous chemicals. Individuals at construction and building demolition sites may risk exposure to asbestos. Employers are required to train employees in the safe handling of hazardous materials and provide appropriate personal protective equipment.

A lot of jobs are stressful. Stress can lead to anxiety, depression, or post-traumatic stress disorder (PTSD). High-intensity jobs that require extended or unusual work shifts, such as in law enforcement, can lead to fatigue, stress, and depression that should be treated by mental health professionals. Nearly 2 million Americans each year report that they are victims of violence in the workplace. Particularly vulnerable are individuals who exchange money with the public such as store clerks and cashiers, delivery drivers, protective service officers, and individuals who work alone or in small groups. Threat assessment teams can help employers to identify risk factors and implement violence prevention strategies.

## Why seek an occupational medicine physician?

Physicians at the Mount Sinai Selikoff Centers for Occupational Health are experts in the prevention, diagnosis, and treatment of work-related injuries and illnesses. Selikoff Centers' industrial hygienists use environmental monitoring and analytical methods to detect the extent of worker exposure to potential health hazards. Social workers and benefit counselors assist patients to understand their rights and responsibilities and to adhere to notification requirements with their employers and the New York State Workers' Compensation Board.

## I was hurt on the job, what do I do now?

- For medical emergencies, seek treatment at the nearest emergency room or urgent care facility.
- Notify your employer in writing as soon as possible to document your injury.
- Make an appointment at the Selikoff Centers for Occupational Health by calling 888.702.0630.
- File a C-3 Form with the New York State Workers' Compensation Board. The Selikoff Centers can help with this process.
- Not all workers will qualify for Workers' Compensation. We can help you understand your rights and benefits.

**888.702.0630**

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



**Mount  
Sinai**

## *Selikoff Centers for Occupational Health*

The Mount Sinai Selikoff Centers for Occupational Health are dedicated to providing **cutting-edge clinical services** with a focus on **prevention** to keep workers **healthy** and their workplaces **safe**. Our physicians are leaders in the field of occupational medicine, providing care to injured and ill workers and retirees in the **New York City** and **Mid-Hudson Valley** regions.

Our **highly skilled** and **multilingual team** of physicians, nurse practitioners, industrial hygienists, ergonomists, and benefits specialists provide comprehensive **patient-centered** services. We also help employers evaluate the work environment and establish programs to advance the general health and well-being of their entire workforce.

Our **medical experts** and **outreach team** members visit organizations, unions, and employers to bring **quality training** and **education** programs to the communities serviced by our clinical centers.

### **NEW YORK CITY**

#### **MANHATTAN CLINICAL CENTER**

1468 Madison Avenue  
Annenberg Building, 3rd Floor  
Manhattan, NY 10029

#### **STATEN ISLAND CLINICAL CENTER**

690 Castleton Avenue, 2nd Floor  
Staten Island, NY 10310

### **MID-HUDSON VALLEY**

#### **YONKERS CLINICAL CENTER**

1020 Warburton Avenue, Suite 1  
Yonkers, NY 10701

For an appointment or more information:

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

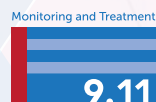
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