



## **Supervisor Injury Guide**

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### **Holland Medi Center, Urgent Care or Nearest Hospital**

#### ***Immediate: Holland Medi Center... (When HMC is closed, use Urgent Care)***

- Lacerations
- Crush Injuries
- Foreign Bodies on the eye
- Falls, Slip, Trip with significant pain and/or deformities
- Severe pain with radiation of the pain (back, shoulder, joints, etc.)
- Bone injuries, bone bruises without obvious major deformity

#### ***Delayed: Holland Medi Center... (Pre or Post scheduled work)***

##### **❖ Change work duties and discontinue use of troubled areas**

- Sprains; I/e/; ankles, wrist, etc.
- Over-use syndromes; I/e: Tendonitis, Tennis elbow, Carpal Tunnel, Dequervains (painful wrist)
  - Especially if problem has existed for a period of time
- Muscle soreness; arms, shoulder
- Mild to moderate back pain without radiation of pain
- Gradual increase in discomfort of body areas
- Numbness in hand, finger, arm, leg, foot that develops while working
- Tingling in hand, finger, arm, leg, foot that develops while working

#### **911: Immediate referrals to Hospital Emergency Room**

- Chest pain with no history of injury
- Head injury associated with headache, vomiting, confusion
- Electrical Injuries
- Loss of consciousness for any reason
- Shortness of breath
- Inability to control heavy bleeding
- Falls with obvious, major deformity and severe pain
- Crush injuries with obvious, major deformity and severe pain