

SO, YOU'VE BEEN INJURED ON THE JOB

First Things First: Here's a timeline for what to do.

1 ASSESS

The injured party or the person(s) rendering aid need to evaluate the severity of the injury:

- Is it a near miss requiring no further action?
- Will basic first aid be sufficient?
- Does it require a visit to a medical provider or a call to 911?

2 NOTIFY

Once the incident has been triaged, the injured party's immediate supervisor needs to be notified of any injury, no matter the severity. At that time, if needed, the closest medical provider will be selected, and the Safety Director will be notified to give permission for that provider to render care.

3 INCIDENT REPORT

Following supervisor notification, an Incident Report is to be filled out **within 24 hours of the incident**. This can be done with the [Perficut Summer App](#). Doing this sooner than later will help you remember details and give everyone a better picture of what happened. Be as detailed as possible and do not forget any photos that may be helpful in helping paint that picture. If assistance is needed, ask your supervisor or safety director.



First Aid Kits are located in the common area of all facilities and behind the seats of all vehicles.

WHERE TO GO

Des Moines Metro DoctorsNow

Main Line **515-270-1000** | 8am-8pm | Mon-Sun

- 3770 8th St. SW Altoona **515-645-9905**
- 8779 Northpark Drive Johnston **515-333-5090**
- 640 S 50th St. #1100 WDM **515-471-1860**

Omaha/Council Bluffs CHI Health Priority Care

8am-8pm | Mon-Sun

- Various locations, use hyperlink below to search:
[Location Search - chihealth.com](#)

Quality Care/Eastern Iowa UI Health QuickCare

Main Line **319-384-8822** | 7am-7pm | Mon-Sun

- 201 S Clinton St #168, Iowa City
- 1632 Sycamore St, Iowa City
- 767 Mormon Trek Blvd, Iowa City
- 720 Pacha Pkwy #1, Iowa City

UI Health Urgent Care

7am-9pm | Mon -Sun

- 2591 Holiday Rd, Coralville **319-467-7150**
- 3640 Middlebury Rd, Iowa City **319-467-6789**
- 411 10th St SE #2300, Cedar Rapids **319-731-1430**

Why an Assigned Medical Provider?

Sometimes a trip to the emergency room is required, whether it be the severity of the injury, or the timing of the incident. For most instances, we will only use our Perficut/Quality Care medical providers. This decision will be made by your supervisor or the safety director. The purpose of having an assigned medical provider is to provide the injured party with a firm plan of action after the injury and continuity of care if ongoing appointments are needed. Billing also plays a role, as once care is provided under a patient's private insurance carrier, it can take months to reverse charges to the correct provider.

Aftercare

What you do during treatment and aftercare can have an important impact on your recovery and the successful termination of your case.

- Be clear and honest with your supervisor, healthcare provider, and insurance representatives about all the details of your accident and injuries.
- Follow all directions concerning follow-up care, appointments, medications, and work restrictions.
- Keep your supervisor informed of all appointments, medications, and restrictions.
- Be aware that you may be temporarily reassigned to a different department or have your scope of work modified to accommodate any work restrictions you receive.

TE LESIONASTE EN EL TRABAJO

GUÍA PARA EMPLEADOS LESIONADOS

Lo primero es lo primero: Esto es lo que debes hacer.

1 EVALUAR

La parte lesionada o la(s) persona(s) que brinden ayuda deben evaluar la gravedad de la lesión.

- ¿Se trata de un accidente que casi no requiere ninguna acción adicional?
- ¿Serán suficientes los primeros auxilios básicos?
- ¿Requiere una visita a un proveedor médico o una llamada al 911?

2 NOTIFY

Una vez que se haya clasificado el incidente, se debe notificar al supervisor inmediato de la parte lesionada sobre cualquier lesión, sin importar la gravedad. En ese momento, si es necesario, se seleccionará el proveedor médico más cercano y se notificará al Director de Seguridad para que dé permiso para que ese proveedor brinde atención.

3 INCIDENT REPORT

Una vez que se haya realizado lo anterior, se debe completar un Informe de incidente **dentro de las 24 horas posteriores al incidente**. Esto se puede hacer con la Perficut Summer App. Hacer esto lo antes posible lo ayudará a recordar los detalles y brindará a todos una mejor imagen de lo que sucedió. Sea lo más detallado posible y no olvide ninguna foto que pueda ser útil para ayudar a pintar ese cuadro. Si necesita ayuda, consulte con su supervisor o director de seguridad.



Los botiquines de primeros auxilios se encuentran en el área común de todas las instalaciones y detrás de los asientos de todos los vehículos).

DÓNDE IR

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¿Por qué un proveedor médico asignado?

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Post tratamiento

Lo que haga durante el tratamiento y el cuidado posterior puede tener un impacto importante en su recuperación y la finalización exitosa de su caso.

- Sea claro y honesto con su supervisor, proveedor de atención médica y representantes de seguros sobre todos los detalles de su accidente y lesiones.
- Siga todas las instrucciones sobre atención de seguimiento, citas, medicamentos y restricciones laborales.
- Mantenga a su supervisor informado sobre todas las citas, medicamentos y restricciones.
- Tenga en cuenta que es posible que lo reasignen temporalmente a un departamento diferente o que se modifique su alcance de trabajo para adaptarse a las restricciones laborales que reciba.

perficut quality care