

## **Injured at Work Quick Sheet**

- Ensure you and those around you are safe
  - Call Public Safety (781-736-3333) for first aid, help, or there are other hazards
  - Call Occupational Health (781-736-8769) with questions or for additional support
- Notify your supervisor
- Get checked out - please contact your primary care provider or be evaluated by a local urgent care or emergency room
- Complete the accident/injury report. Scan QR code to access report:



### **Brandeis Contacts**

**Public Safety Emergency:** (781)736-3333

**Public Safety Non-Emergency:** (781)736-5000

**Occupational Health:** Suzanne Raj, occhealth@brandeis.edu, (781)736-8769

**Worker's Compensation:** Renee Relerford, reneerelerford@brandeis.edu, (781)736-4451

**Environmental Health & Safety:** Andrew Finn, afinn@brandeis.edu, (781) 736-4262

**Facilities:** Monday-Friday 7 AM- 4:30 PM (781)736-8500. Weekends, Holidays and After Hours (781)736-5000

### **Local Urgent Care**

*AFC Urgent Care Waltham:* 1030 Main St · (781) 894-6900  
Monday - Sunday: 8:00 AM - 8:00 PM

*Newton-Wellesley Hospital Waltham Walk-In:* 9 Hope Ave · (617) 243-5590  
Mondays - Friday: 10 AM - 6 PM, Saturday & Sunday: CLOSED

*PhysicianOne Urgent Care Waltham:* 1019 Trapelo Rd · (860) 650-3848  
Monday - Friday: 8 AM - 8 PM, Weekends and Holidays: 9 AM- 5 PM

### **Emergency Rooms**

*Newton-Wellesley Hospital- Main Campus:* 2014 Washington St. Newton, MA 02462 · (617) 243-6193.

**Poisoning or Chemical Exposure Hotline:** 1-800-222-1222

**Blood Borne Pathogen Exposure:** Wash exposed and seek medical evaluation immediately.