

Have you been injured at work?

Seek medical attention first...

Then report any and all injuries to your Supervisor and the District's Benefits Specialist (Business Services) by completing the **EMPLOYEE INJURY REPORT** and submitting it to the Benefits Specialist within 24 hours of the incident.

Remember, you have the right to select a doctor of your choice. The SDH does not promote or suggest employees report to designated medical professionals.

Occupational Health Specialists are available through the following locations:

Occupational Health Services at Mayo Clinic Health System

Address: 232 Third Street North, Suite 100 La Crosse (Belle Square)
Phone: **608-392-9769**
Hours: 7:00 am – 4:30 pm daily

Occupational Health Services at Gundersen Health System

Address: 1900 South Ave., La Crosse (3rd Floor of Founders Building)
Phone: **608-775-6345**
Hours: 7:30 am – 4:30 pm daily

Address: 3111 Gundersen Dr., Onalaska (1st Floor next to Urgent Care)
Phone: **608-775-6345**
Hours: 7:30 am – 4:30 pm daily

Address: 111 Riverfront Building, Winona (Sports Medicine Clinic)
Phone: **608-782-7300**
Hours: Tuesdays, 8:00 am – 2:00 pm and by advance appointment

Occupational Specialists (OS) are experts in assessing, handling and understanding the complex health and legal ramifications associated with work-site injuries. They are familiar with DWD, DOL, DOT, OSHA and other State agency requirements. Practitioners understand the need to get employees back to work in a transitional capacity as quickly as possible. There is no cost difference between family practice, walk-in or occupational health services, yet OS practitioners want to enable a quick recovery through transitional duties; emergency is drastically more expensive. Occupational Health Specialists can review other medical provider recommendations and act as a liaison between the SDH and the medical organization.