

## WHERE WE'RE LOCATED...

400 White Spruce Blvd., Suite B  
Rochester, NY 14623



## DRIVING DIRECTIONS...

### By Car:

#### From the North/West:

Take I-390 S.  
Take the Exit to E. Henrietta Rd./Route NY-15A S.  
Turn right onto E. Henrietta Rd./Route NY-15A S.  
Turn right onto White Spruce Blvd. Proceed 0.2 mile and turn left toward entrance to 400 White Spruce Blvd., Suite B.

#### From the East:

Keep left on I-590 S, follow signs for I-390 N/Airport Greece.  
Use the right lane to merge onto I-390 N.  
Take Exit toward MCC to E. Henrietta Rd./Route NY-15A S.  
Turn right at the traffic light and merge onto E. Henrietta Rd./Route NY-15A S.  
Turn right onto White Spruce Blvd. Proceed 0.2 mile and turn left toward entrance to 400 White Spruce Blvd., Suite B.

#### From the South:

Take I-390 N/Airport Greece.  
Take Exit toward MCC to E. Henrietta Rd./Route NY-15A S.  
Turn right at the traffic light and merge onto E. Henrietta Rd./Route NY-15A S.  
Turn right onto White Spruce Blvd. Proceed 0.2 mile and turn left toward entrance to 400 White Spruce Blvd., Suite B.

### By Bus:

Take the #55 bus from RTS Transit Center and get off at East Henrietta Rd. & White Spruce Blvd. Continue to 400 White Spruce Blvd. See map for bus stop location [RTS].

## ABOUT OUR PROGRAM...

Finger Lakes Occupational Health Services' multidisciplinary team is dedicated to the diagnosis, treatment, and prevention of occupational injury and disease; and meeting the needs of businesses and workers by helping reduce or prevent illness and injury in the workplace.

## PROVIDERS/STAFF...

### Our team consists of:

- ✦ Certified Occupational Medicine Physicians that serve on the Faculty at the University of Rochester Medical Center
- ✦ Certified Nurse Practitioner
- ✦ Occupational Health Nurses
- ✦ Senior Industrial Hygienist
- ✦ Licensed Masters Social Worker (LMSW)



## OCCUPATIONAL HEALTH SERVICES

MEMBER OF THE NEW YORK STATE  
OCCUPATIONAL HEALTH NETWORK  
A UNIVERSITY OF ROCHESTER  
MEDICAL CENTER PROGRAM



400 White Spruce Blvd.  
Suite B  
Rochester, NY 14623

(585) 244-4771  
Toll Free: 1-800-925-8615  
FAX: (585) 256-2271

*A regional resource dedicated to the diagnosis, treatment and prevention of occupational injury and disease.*

## CLINICAL SERVICES

Our Occupational Health Specialists provide:

- Workplace Injury and Illness Care
- Pre-Placement Physical Examinations and Screening Tests
- Occupational Lung Disease Evaluation and Surveillance
- Chronic Work-Related Disability Evaluations
- Schedule Loss of Use/Permanent Impairment Assessments
- Return to Work and Fitness for Duty Evaluations
- Occupational and Environmental Medicine Exposure Evaluations
- Hazardous Material Exposure and Surveillance Evaluations
- Medical Review Officer (MRO) Services
- Bloodborne Pathogen (BBP) Exposure Assessments



## MEDICAL SURVEILLANCE

To help workers stay healthy, we provide:

- Pre-Placement Physical Examinations
- DOT Physical Examinations
- Respirator Medical Certifications and Fit Testing
- 19A School Bus Driver Physical Examinations
  - Firefighter Physicals
  - Pulmonary Function Testing
  - Hearing Testing
  - Vision Testing
  - Asbestos Surveillance
  - Heavy Metal Medical Monitoring
  - Blood Lead Level Testing
  - Drug Testing
  - Immunizations such as:
    - Hepatitis B Vaccine
    - Influenza Vaccine
    - Tetanus Diphtheria Vaccine
  - Rabies Vaccine
- Tuberculosis Screening Tests

## INDUSTRIAL HYGIENE SERVICES

To help prevent workers from becoming sick or injured on the job, our Industrial Hygienist can:

- Assess Potential Workplace Hazards
- Recommend Engineering Controls and Safe Work Practices
- Provide Ergonomic Assessments
- Assist in Developing Health and Safety Programs
- Provide Worker Health and Safety Training and Education



## SOCIAL WORK SERVICES

To help with social and psychological difficulties as a result of work-related injuries and illnesses along with issues that prevent return to work, our Social Worker can provide:

- Individual and Family Counseling addressing adjustment issues, changes in self-image, rebalancing family roles and relationships, reactive emotions, and coping with chronic pain
- Stress Reduction and Crisis Intervention
- Help with navigating through the Workers' Compensation Claim Process and other resulting hardships
- Community Resource Referrals

