

IMPORTANT INFORMATION:

NOW OPEN!!!

Med-Point24

After months of renovation we are happy to announce that our Main Street Med-Point clinic located at 6913 N. Main Street in Granger, IN has extended its hours of operation to

24 hours a day, 7 days a week.

We still recommend utilizing our Bendix Drive location during the hours of 7 a.m. – 5 p.m. Monday – Friday.

For questions about this or any of our 5 locations contact Kelly Kryder (see below for contact information)

Schwartz-Wiekamp MedPoint

4630 Vistula Rd. Mishawaka, IN 46544
Phone: (574) 647-1900 Fax: (574) 254-7226

Starting July 1, Schwartz-Wiekamp will no longer be treating workman's compensation injuries.

However, we will continue to offer DOT and Non-DOT drug screening services.

Our hours of operation for these services will be:
Monday – Friday from 10 a.m. – 4 p.m.

However, if you are in need of any workers' compensation injury/services and treatment, Memorial's network provides your employees with many options at our other clinics that specialize in occupational medicine.

We will be happy to provide care at any of the following clinics listed below.

Heat Stress and Keeping it Cool

**By
Doc Wohlrab**

Human beings are very adaptive animals. We can withstand extremes of heat, cold, humidity, altitude, vibration and even starvation for variable periods and still survive. Survival is one thing, but many people actually work in extreme environments every day. How do they do it? By staying in good physical and mental shape and knowing the physiological risks involved.

The Indiana summer is here, and so are the hot and humid summer days. For a lot of us that means swimming pools, lakes and beaches are part of a weekly routine. But for many it means working in hot and humid places, day in and day out. So what's a body to do? The answer is simple: **Stay cool!**

Whether you're at the beach or at work, you have to take precaution against heat disorders and heat illnesses. When the body gets "hot," more blood circulates to the skin and the skin temperature increases. We start to sweat. Both of these mechanisms allow the body to dissipate the heat load the body has built up. If it is a very hot and humid day, then the body has difficulty passing the excess body heat to the air. The result is the body has a hard time cooling down. If you're not careful, you can end up with heat cramps, heat exhaustion or even heat stroke.

Heat cramps are painful muscle spasms that occur when we drink a lot of water but fail to replace the lost electrolytes (salt). Tired muscles are more susceptible to cramps. Gatorade or a little extra salt on your food should prevent cramps.

Heat exhaustion develops when we lose too much sweat and body salt. Symptoms include extreme weakness, fatigue, nausea and headache. A subtle symptom is "crabbiness." Next time somebody pops off at work or home, just tell them to drink a couple glasses of water. Then watch the positive mood change. Treatment of heat exhaustion is simple. Rest in a cool place and replace fluids. Do a little experiment and weigh yourself before and after a long hot day. You will be amazed how much water weight you can lose in just one day.

Heat stroke is a true medical emergency! The body fails to regulate its core temperature. Sweating stops and the body can no longer rid itself of excess heat. The skin is dry, hot to the touch, red, mottled or sometimes blue. The victim will be confused, maybe delirious or in a coma. Without proper medical emergency treatment, the heat stroke victim will die. Call 911 and move the person to a cool place. Soak all clothing with water and fan vigorously to increase cooling.

Summer is a great time of the year, but in can be deadly. If you're in a hot environment, drink extra fluids, (almost a quart per hour) wear light clothing and modify your work schedule with frequent breaks. Remember, if you wait until you're thirsty before you drink water, it's too late, you're already dehydrated! So drink up (water) and stay safe!

When to Use the Emergency Room

Memorial's Occupational Health Team wants you to know how to save money in the testing and treatment of your employees while ensuring the quality they deserve and the level of care they need. If injury treatment of testing is required before 7 a.m. or after midnight, Memorial Emergency Trauma Center will be there for all of your occupational health needs. But during regular business hours (7 a.m. – 5 p.m. weekdays) it is more cost- and time-effective to use the services of either the Memorial Center for Occupational Health or one of our two MedPoint locations (see locations & hours at bottom left).

Of course, there's more to deciding where to be treated than simply the time of day. Employees injured at work may need medical care beyond what can be provided by the Memorial Center for Occupational Health or MedPoint clinic. If off site medical care is needed, the following guide may help in determining which facility to use.

MAJOR INJURIES/ILLNESSES

Employees with the following injuries or illnesses should be transported (by ambulance, in most cases) to the nearest hospital emergency department:

Penetrating eye injuries	Chest pain
Multiple injuries	Difficulty breathing
Psychiatric disturbances (hallucinations, delusions)	Prolonged loss of consciousness
Seizure	Severe burns
Obvious fracture with deformity	Penetrating wound of chest or abdomen
Severe bleeding	Amputation
Allergic reaction with tightness in throat and difficulty breathing	

MINOR INJURIES/ILLNESSES

Employees with the following injuries or illnesses may be directed/or driven to the designated medical provider or walk-in center for treatment.

Lacerations (under 2 inches in length) that may need suturing
Limb injuries without deformity
Minor eye injuries (flush chemicals from eye(s) prior to transport)
Back pain
Skin disorders (rashes, ulcerations, minor burns, reddening, pigment change, thickening, growths)

If ever in doubt about what to do in an emergency, send the employee to a hospital emergency department or call Memorial Center for Occupational Health for guidance at: (574) 647-1675.

Can I drug test young workers under age 18 without parental consent?

Yes you can! As a general rule, if an employer can conduct drug testing, it can conduct drug testing of all employees, regardless of age. DOL's (Department of Labor) Fair Labor Standards Act (FLSA)—the primary law that sets the rules governing the employment of workers under the age of 18—does not address drug testing. Therefore, the rules on this subject are the same for young workers as they are for adult workers.

Where in the world is Dr. Wohlrab?

Starting June 2, Dr. Eric Wohlrab will be seeing patients at the LaPorte location on Tuesdays. All other days (Mon., Wed., Thurs., Fri.) you can find him at our South Bend location.

Center for Occupational Health
2301 N. Bendix Dr., Ste. 500 South Bend, IN 46628
Phone: (574) 647-1675 Fax: (574) 232-5595
Hours: 7 a.m. – 5 p.m., Monday – Friday

Center for Occupational Health
900 I St. LaPorte, IN 46350
Phone: (219) 324-1900 Fax: (219) 324-1961
Hours: 8 a.m. – 4:30 p.m., Monday – Friday

Med-Point24
6913 N. Main St. Granger, IN 46530
Phone: (574) 647-1551
Fax: (574) 243-4306 Hours: 24 hours a day, 7 days/week

MedPoint @ Ireland Road
1815 E. Ireland Rd. South Bend, IN 46614
Phone: (574) 647-1750
Fax: (574) 291-3351 Hours: 8 a.m. – 8 p.m., 7 days/week