

**HealthWorks Northwest**

# Catalog *of* Services

***Good Ideas At Work***



**Occupational Health, Safety  
and  
Employer Services**



**HealthWorks  
Northwest**

**[www.hwnw.org](http://www.hwnw.org)**

## Our History



### *HealthWorks Northwest...*

Started in July, 2001 to meet the growing demand of employers in Washington and Oregon, providing employers with a host of services that enable them to make informed hiring decisions, maintain and improve health and safety regulatory compliance and provide a safe and healthy working environment. We started off using lawn chairs and coolers for furniture and in a few short years have added over 950 employer-clients with over 20,000 employees.

### *Our Mission*

HealthWorks Northwest will provide health services to the working world in our communities. We will do this by understanding the needs of our employer customers and becoming an effective partner in meeting or exceeding their needs for health information, training, treatment and care of their employees.

### *Our Goal*

Our goal is to help employers reduce worker injuries, assist with compliance of state and federal regulations, and to help companies develop a safe, productive work environment for their employees.

### *Our business is based on four simple facts:*

1. Healthy, educated employees are more productive than chronically ill employees.
2. It costs less to prevent injuries or illnesses than to treat them after they occur.
3. When injury does occur, employers need an effective return-to-work plan for their employees.
4. Helping employers maintain compliance with state and federal regulations ensures that they remain safe, viable businesses. This will lower health care costs, raise worker productivity and improve overall production.

## Our People



### *Medical Staff*

#### **LANCE BRIGMAN, MD**

#### **MEDICAL DIRECTOR & CERTIFIED MEDICAL REVIEW OFFICER**

Dr. Brigman is a board-certified family practice physician and has been practicing in Cowlitz County for the past 20 years. He is also a certified Medical Review Officer through the MROCC and has been medical director for the past five years.

#### **JAMES OSTRANDER, DO (BEGINNING AUGUST, 2008)**

Board certified in Family Practice and Board-eligible in Occupational Health, Dr. Ostrander is also a chief flight surgeon for the United States Air Force. He is also a certified MRO and has a Pharmacy (PharmD) degree.

#### **PAUL WILLIAMS, MD**

Dr. Williams is a board-certified Family Practice physician in our Lewis County facility and also owns and operates Washington Park Medical Center and Quick Clinic in Centralia, Washington.

#### **RODIE RENN-LASHER, ARNP**

Rodie is certified as an Advanced Registered Nurse Practitioner (ARNP) by the American Academy of Nurse Practitioners and started her career as an emergency department nurse. She also manages contracts for county correctional facilities in Vancouver.

### *Administrative Staff*

#### **STEVE MALDONADO**

#### **CO-FOUNDER**

Steve completed his undergraduate degree in Communications and Business at Prescott College in Prescott, Arizona and then earned his MBA from Golden Gate University in San Francisco. He has worked as a healthcare executive for 20 years in Arizona, California and Washington. He is also CAOHC certified to administer hearing conservation programs and exams, a DATIA-certified drug screen collector, a certified Breath Alcohol Technician and NIOSH certified in spirometry.

## Directory of Services



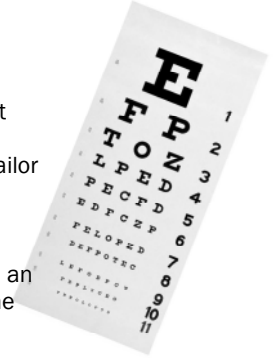
### Drug Testing

This is our most frequently-requested service. We provide a variety of drug testing services including lab and MRO services, rapid results tests and third party collections. Companies count on HealthWorks to facilitate both their DOT and non-regulated testing services, that's why we manage 30 different random drug testing pools and employer consortiums with over 3,000 members. Employers can choose our popular online reporting that allows them to download or archive drug test results on our secure website.

### Physicals and Injury Care

We offer a variety of types of physicals including: DOT physicals, HazMat physicals, Pre-employment physicals with back fitness evaluations, Return-to Work physicals, Asbestos physicals, Respirator physicals and Sports physicals. These physicals may include EKG's, x-rays or laboratory tests. We tailor physicals based on the employer's needs and some physicals include a back fitness evaluation or strength testing based on particular job descriptions.

HealthWorks also provides injury care and follow up for employees who are injured on the job. With an aggressive return-to-work policy, we work closely with employers to achieve the best outcome for the employee and to minimize lost time.



### Respiratory Protection Services

Respiratory protection services include consulting with employers on compliance issues and with regular surveillance of respiratory issues. Services include pulmonary function testing, respirator certifications and respirator fit testing. We offer both qualitative (using saccharin or bitrex) and quantitative (using our TSI Portacount) fit testing for a variety of types of masks.

### Audiometric Services

HealthWorks Northwest has thousands of ears of experience in audiometric testing and surveillance. Whether performed in one of our clinics or in our 4-booth mobile unit, we perform thousands of hearing tests each year and help employers keep accurate records and baseline comparisons. We provide tools for employers to provide education and we provide audiometric reviews for baseline revisions.



### Immunizations and Other Surveillance



Whether part of a physical or as a portion of a regular surveillance program, HealthWorks Northwest provides a variety of immunizations and medical surveillance programs for workers in all types of industries. We offer Hepatitis A and B vaccinations, PPD (Tuberculosis) testing, Blood Lead profiles, MMR vaccinations, Titers and Flu shots, or other employer-requested blood tests.

### Training and Education

Our most popular class is our First Aid/CPR/AED training providing a 2-year certification. We also offer classes for employers including Reasonable Suspicion For Managers Training, Blood-borne pathogens training, drug screen collection training. We also offer a variety of OSHA-certified training such as fall protection, advanced CPR and others.



# Find Us

## Clinic Locations

### Longview, Washington

**3331 WASHINGTON WAY**

**Hours:**

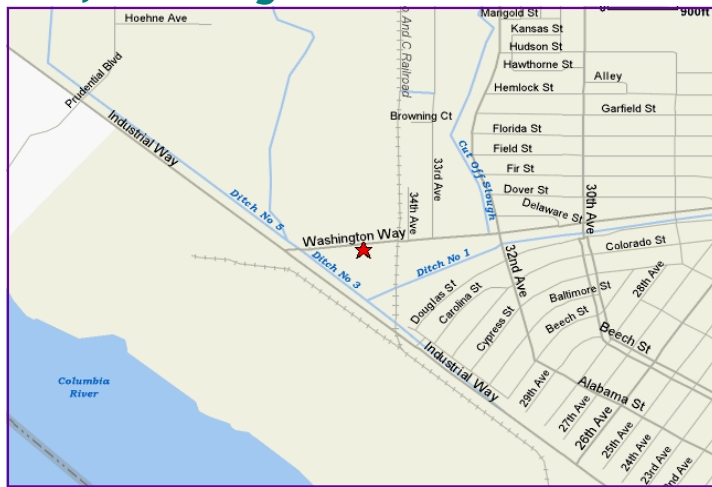
Monday–Friday

7:00 am–6:00 pm

Saturdays 9:00 am–Noon

360.578.2527 phone

360.575.1460 fax



### Chehalis, Washington

**91 SW CHEHALIS AVE  
#101**

**Hours:**

Monday–Friday

8:00 am–5:00 pm

360.740.0444 phone

360.740.0704 fax

Appointments available:

Monday-Friday

10:00 am–6:00 pm and

Sunday 1:00–6:00 pm

