

Directions to the Pacific Maritime Institute and  
Health Force Occupational Medicine Facility in Seattle

Directions to Health Force:

From North Seattle / Ballard / City Center:

- Take 99/Alaska Way viaduct southbound
- Take left exit to 1<sup>st</sup> Avenue S. (next to Safeco Field)
- Continue south on 1<sup>st</sup> Avenue S. past the large Sears store.
- The Health Force facility is located on the west (right) side of 1<sup>st</sup> Avenue South between Horton and Hanford Streets.

From South Seattle / South-Park:

- Go north on 1<sup>st</sup> Avenue S., pass under the West Seattle Freeway and go about 2 ½ blocks.
- The Health Force facility is located on the west (left) side of 1<sup>st</sup> Avenue South between Horton and Hanford Streets.

From I-5:

- Take the West Seattle Bridge exit off I-5.
- Take the first exit right off West Seattle bridge.
- Turn right at the first light after the ramp north onto 4<sup>th</sup> Avenue.
- Proceed north on 4<sup>th</sup> Avenue S. to Horton Street.
- Turn left on Horton Street.
- Proceed on Horton Street to 1<sup>st</sup> Avenue S. and turn right.
- The Health Force facility is located on the west (right) side of 1<sup>st</sup> Avenue South between Horton and Hanford Streets.

From Harbor Island:

- Take Spokane Street onramp to West Seattle bridge.
- Go east on West Seattle freeway.
- Get in the left turn lane and take the 1<sup>st</sup> Avenue S. exit.
- Go north on 1<sup>st</sup> Avenue S. about 2 ½ blocks.
- The Health Force facility is located on the west (left) side of 1<sup>st</sup> Avenue South between Horton and Hanford Streets.

Telephone Number: 206-624-3651

Directions to Pacific Maritime Institute (PMI):

From I-5 ~ Heading North

