



Your Healthy Workplace

A Monthly Newsletter • July 2018



Time to schedule those flu shots!

Flu season this past winter was serious, widespread and deadly. And, without the annual flu vaccine, it most likely would have been much worse, says the U.S. Centers for Disease Control and Prevention (CDC).

In a report released this spring on the 2016-2017 flu season (the latest season for which all statistics are available), the CDC said that flu vaccination prevented an estimated 5.3 million influenza illnesses, 2.6 million influenza-associated medical visits and 85,000 influenza-associated hospitalizations.

This report and the severity of the 2017-2018 season highlights the importance of public health measures to control and prevent influenza, the CDC reports. The best way to prevent getting the flu is to have an

Protect your employees!

It's time to schedule your company's flu shots. Physicians Quality Care OCCMed will come to your workplace on your schedule. Contact Jennifer Carmack at jennifer@physiciansqualitycare.com.

The estimated number of flu **illnesses prevented** by flu vaccination during the 2016-2017 season:

5.3 million.

about the population of the Atlanta metropolitan area.



The estimated number of flu **medical visits prevented** by vaccination during the 2016-2017 season:

2.6 million.

or more than the number of students in all K-12 schools in Florida.



The estimated number of flu **hospitalizations prevented** by vaccination during the 2016-2017 season:

85,000.

or more than the number of hospital beds in California and Oregon.



the benefits of flu vaccination 2016-17

Source: U.S. Centers

annual flu vaccination. The CDC has recommended an annual flu shot for all people six months old and older since 2010.

This report also underscores areas where increases in those getting the shot and vaccine effectiveness could deliver even greater benefits to the public's health, the CDC said.

For example, increasing vaccination coverage among adults 18 to 64 years would further reduce the burden of influenza, as this age group continues to have the lowest influenza vaccination coverage. If vaccination rates improved to 70 percent for all age groups, another 1.9 million illnesses, 822,000 medical visits and 17,300 hospitalizations could have been prevented during the 2016-2017 flu season.

Health fairs

Many companies like to combine flu shots with an annual health fair. These events are a fun way to reduce health care costs and improve the general health of your employees.

We'll conduct a health fair to meet your needs. In compliance with HIPAA and privacy regulations, we also will compile your employees' health information into a generalized corporate report so you can identify and manage health problems in your organization.

Our health fair services include a general health risk assessment, cholesterol screening, blood pressure screening, biometrics, cardiovascular risk assessment, cancer screening, immunizations, lab tests, and education and training sessions.

Contact Jennifer Carmack today!

Physicians Quality Care

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Clinic Hours: 7 a.m. – 9 p.m. Monday to Friday

On-site Services: Available 24/7 by arrangement

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Working in heat

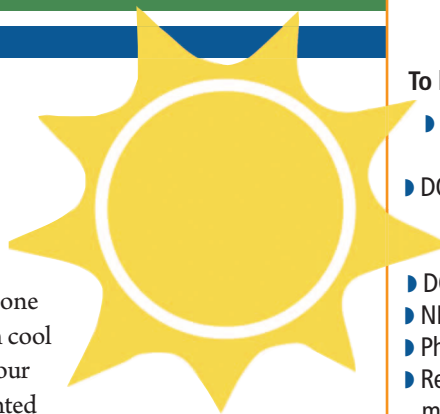
Hot temperatures and high humidity make working in the heat not only miserable, but dangerous, too.

Drinking plenty of water is one way to avoid dehydration and heat stress.

- ▶ Start your work day well hydrated.
- ▶ Maintain hydration by regularly drinking water to keep pace with sweat loss.
- ▶ To improve hydration, drink fluids at a faster rate than they are being lost through sweating and other means.
- ▶ Workers exposed to heat stress need to drink between 20 ounces and 1 liter of water

per hour.

- ▶ Manual workers need about one liter of plain cool water per hour (supplemented by frequent meal breaks). Machinery operators need 20 ounces of water per hour.
- ▶ Avoid caffeinated drinks.
- ▶ Whenever possible, schedule outdoor jobs in the coolest part of the day.
- ▶ Monitor your physical condition.



We speak OSHA!

To help you comply with OSHA, we offer ...

- ▶ On-site CAOHC-certified audiometry in a 10-person mobile unit
- ▶ DOT, non-DOT & hair follicle drug screening
- ▶ Breath- & blood-alcohol testing
- ▶ Health fairs
- ▶ DOT, pre-employment & wellness physicals
- ▶ NIOSH-approved pulmonary function testing
- ▶ Physical therapy
- ▶ Respirator-fit testing & OSHA respirator medical evaluations
- ▶ Heavy-metal testing
- ▶ Strength & agility testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays & EKGs



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Address Service Requested

Physicians Quality Care OCCMed provides occupational medicine services to West Tennessee's industrial base • occmcdjackson.com

We'd like to learn more about you

Dr. Melanie Hoppers, Chief Medical Officer at Physicians Quality Care, is available to walk through your plant or business location to become more familiar about the type of work being done in your location. To set up the visit with Dr. Hoppers contact Jennifer Carmack at 731.984.8400 or jennifer@physiciansqualitycare.com.

Annual hearing tests at your workplace

Physicians Quality Care will come to your facility with our state-of-the-art mobile unit. With no extra on-site setup fee, we can take care of your OSHA-required hearing-conservation training and test 10 people at a time every 20 minutes.

OSHA says ...

As an employer, you are required to assess your employees' hearing annually and educate them in hearing conservation.

- ▶ Teach employees hearing conservation techniques.
- ▶ Inspect the ear canals and drums for abnormalities and wax obstruction – anything that might decrease their hearing.
- ▶ Test each employee's hearing.

The 10-minute test can be given in 11 languages.

▶ When testing is done, we review the data, identify any employees with hearing loss and give your representative our reports within 72 hours. We also can provide the required employee notification letters to relieve you of that regulatory burden.

We are available to do this testing 24/7 to reduce employee disruption and lessen downtime. Contact Jennifer Carmack at 731-984-8400.

After setting up our mobile unit on-site, we will ...

- ▶ Get a medical and “noise” history from each employee.

