



# Your Healthy Workplace

A Monthly Newsletter • June 2018



## Knowing what to do saves lives

One survivor of the recent active shooter incident at Sante Fe High School in Texas told authorities that the active shooter training she received saved her life because she knew what to do.

It's a story other survivors are echoing as active shooter incidents continue to occur at an increasing number in the United States.

Since Physicians Quality Care OCCMed started offering Active Shooter Seminars earlier this year, instructors Dr. Melanie Hoppers and Lt. Chip Holland have taught the course in all parts of Tennessee and in several states. Companies that have been through the training are praising them.

"The Active Shooter Seminar presented by Dr.



Dr. Melanie Hoppers

Hoppers and Lt. Holland was very well received and attended by our in-house employees," said Connie McBee, HR/Job Cost Coordinator Manager at H and M Company.

"Their expertise and knowledge was evident, and

**For more information about OCCMed's Active Shooter seminars contact Jennifer Carmack at 731.984.8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).**

both did a very thorough job in their presentations."

The Active Shooter Seminar teaches managers and employees how to react in those critical minutes



Lt. Chip Holland

after someone with a gun enters the workplace and before law enforcement and medical help arrive.

Lt. Holland, a 30-year law enforcement veteran and Operational Commander of a Tactical Unit

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## 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](mailto:jennifer@physiciansqualitycare.com).

### Physicians Quality Care

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# Knowing what to do saves lives

*Continued from front ...*

for 20 of those years, stresses a proactive approach if someone with a gun enters the workplace.

Dr. Hoppers, a board-certified physician who is certified in tactical medicine, gives tourniquet training to stop hemorrhagic bleeding.

Amanda Hite, EHS Manager at Kolpak (Welbilt) said, "I have received *very* positive feedback about the classes from the plant personnel, responders and managers."

Dr. Hoppers and Lt. Holland taught several

classes over the course of a day at Kolpak to address the needs of different shifts and employee schedules. Their first class was at 4:45 a.m.; their last class was in the evening. "We are available to offer the seminar at whatever time the company needs us to offer it," said Dr. Hoppers.

"Although it is sad that we need this type of training, we are fortunate to have the team of Dr. Hoppers and Lt. Holland in our community to help educate our employees, as well as help us, as an employer, provide a safer place for our employees to work," said McBee.

## We speak OSHA!

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

- ▶ On-site CAOHC-certified audiometry 10-person mobile unit
- ▶ DOT, non-DOT & hair follicle drug screening
- ▶ Breath- & blood-alcohol testing
- ▶ DOT, pre-employment & wellness physicals
- ▶ NIOSH-approved pulmonary function testing
- ▶ Health fairs
- ▶ 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*

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## Drug Screening

Whether you are considering a drug-screening program or you're just bogged down in the paperwork of administering it, Physicians Quality Care OCCMed has the solution. Simply turn your drug-screening program over to us. We can ...

- ▶ Set up a Drug-Free Workplace program at your facility.
- ▶ Help you fill out and file the necessary paperwork.
- ▶ Train supervisors on how to look for signs of drug use and how to approach an employee suspected of use.
- ▶ Administer all of your drug screenings.

**Just contact us to get started.**

## Save money on employee medical care

June marks Employee Health and Fitness Month, making it a good time to consider starting an on-site clinic, staffed by Physicians Quality Care OCCMed.

While some companies offer little more than on-site first aid, our on-site clinics not only treat acute illness and injury in an industrial setting, but also offer primary care, routine physicals and continuing education.

On-site clinics help keep employees healthy and reduce loss time on the job because of ill-



ness or even a trip to the doctor. They also lower your health care costs.

Our Employee Healthcare Plan can also make a significant reduction in health care costs. For a monthly fee, the plan offers acute visits to the clinic, in-house lab-

oratory work, X-rays, discounted physical therapy services and more.

Contact Jennifer Carmack at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) for more information about these services.