



Your Healthy Workplace

A Monthly Newsletter
August 2019

Delivery saves time and money. That's why we deliver, too.

Flu shots? Hearing tests? DOT physicals? We can do it at your location on your schedule. Instead of disrupting the work schedule for employees to receive medical services, you can save time and money by having Physicians Quality Care come to you.

For example, with our state-of-the-art mobile unit, we can take care of your OSHA-required hearing-conservation training and test 10 people at a time every 20 minutes.

All tests are conducted by CAOHC-certified Occupational Hearing

Conservationists, supervised by a medical doctor and use the top-of-the-line Benson audiometer. Our calibrated sound-level meter assures that ambient noise will not interfere with your hearing tests.

So, the next time you have a need for medical services, give us a call. Whatever your needs, we can deliver.

Physicians Quality Care OCCMed is scheduling flu shots now for this fall. We will come to your work site when it is most convenient for you at no extra charge.

Flu shots are the best way to avoid getting the flu. And when you offer flu shots to all of your employees, you'll be much more likely to maintain a healthy workplace this fall and winter.

Schedule your flu shots by contacting OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@physiciansqualitycare.com.

We're growing!

The bulldozers are in place and site work has begun on expanding our OCCMed facilities in Jackson.

We're adding about 4,000 square feet to the north side of our OCCMed clinic.

This expansion will not only benefit our OCCMed patients, it will also provide needed space for other Physicians Quality Care services, such as primary care.

We expect the work crews to be done in early 2020. Meanwhile, we'll keep you posted.

An alert from the CDC

Outdoor workers are more likely to become dehydrated and have heat-related illnesses, says the U.S. Centers for Disease Control and Prevention. The CDC recommends that people working in extreme heat:

- ▶ Drink water. Don't wait until you are thirsty to drink.
- ▶ Avoid alcohol and sugary drinks.
- ▶ Wear and reapply sunscreen.
- ▶ If possible, work earlier or later in the day to avoid midday heat.
- ▶ Wear a brimmed hat and loose, light clothing.
- ▶ If you feel faint or weak, stop working and get to a cool place.

Source: *HealthDay*

Physicians Quality Care

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Office Hours: 9 a.m. – 5 p.m. Monday to Friday

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

On-site Services: Available 24/7 by arrangement

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Wellness programs popular

Nearly half of U.S. workplaces now offer wellness programs, a new study finds.

"Most American adults work, and many spend half or more of their waking hours at work," said study author Laura Linnan. She's a professor in the department of health behavior at the University of North Carolina's School of Global Public Health.

"Where we work, how long we work, the condi-



tions of our work, who we work with -- all of these factors impact our health," she said. You Can Do Anywhere. The larger the workplace, the more likely it was to have a wellness program, the survey revealed.

Physicians Quality Care OCCMed can help you set up a wellness program at your work site. We will tailor it to your needs and your budget. Contact Jennifer McCarter at 731-984-8400.

We speak OSHA!

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

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



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

Caring for an elderly relative, friend can disrupt work

Many adults with full-time jobs who care for an aging parent face significant work disruptions and lack employer support, a new study finds.

Work disruptions range from mild, such as adjusting work hours, to severe, which includes moving from full- to part-time jobs, taking a leave of absence or even early retirement.

The study included 642 workers at a public university who were unpaid caregivers for seniors – typically parents, spouses or friends.

Nearly three-quarters said caregiving disrupted their work, and more than half who provided care 10 or more hours weekly called the disruptions severe.

Roughly a quarter of workers said they

don't get support from their employer.

"What's particularly troubling – and what's new in this study – is that employees who are experiencing work interruption are much more likely to say they have unmet need for workplace support than those who manage to keep working

at the same pace," said lead author Matthew Andersson, an assistant professor of sociology at Baylor University in Waco, Texas.

"This tells us that employers may not be



stepping up to connect informal caregivers with workplace supports they need," he added in a news release. "That makes informal caregiving an even tougher role."

About 1 in 4 employed U.S. adults provides informal care for a parent, in-law or other family member over age

65, according to the Census Bureau. That percentage is expected to rise as the population continues to age and many people live longer.

Source: HealthDay