



PHYSICIANS QUALITY CARE

# Your Healthy Workplace

A Monthly Newsletter  
December 2019



## It's sick season, and people are still coming to work

**A**s it turns out, four out of five American workers are not willing to stay home from work when they're sick. But, most Americans would also prefer that their sick co-workers stay home when they're ill. What gives?

It's officially flu season – and cold season and the season for other sicknesses. Fall and winter months put many people under the weather, and when people come to work while sick, they are likely to make more people sick.

A recent study surveyed 2,000 U.S. adults – 1,930 of whom held jobs –

about sickness in the workplace and dealing with sick co-workers.

The results showed that most people, some 78 percent, reported “feeling pressure to power through the workday when they're feeling under the weather.” But ironically, 82 percent said they would be annoyed if a co-worker showed up with a cough. And 41 percent say they would rather take on the extra workload temporarily than have a co-worker come to work sick.

However, people are worried it would be frowned upon – by bosses or co-workers – for them to miss work, and most people don't think being sick is seen as a valid reason to miss work.

So, help your workplace approach this season of sickness wisely. Lessen the number of sick employees and missed work days by scheduling on-site flu shots.

**Contact Jennifer Carmack, OCCMed Director, at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).**

Employees can also get their shots at our Jackson and Milan clinics.

*Source:  
Occupational  
Health and  
Safety*

### Dealing with the flu at work

**T**hough the Centers for Disease Control says the yearly flu vaccine is the single best way to protect yourself against the flu, you can also take everyday preventive measures like covering your cough and washing your hands frequently.

The workplace can be an incubator for the spread of germs. Here are suggestions from the CDC for maintaining a healthy workplace ...

- ▶ Encourage your coworkers to get the flu shot. When you get the flu vaccine, you're not just protecting yourself, you are protecting the people around you.
- ▶ Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
- ▶ Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs, and disposable wipes.
- ▶ Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- ▶ If someone begins to feel sick while at work, encourage him or her to go home.



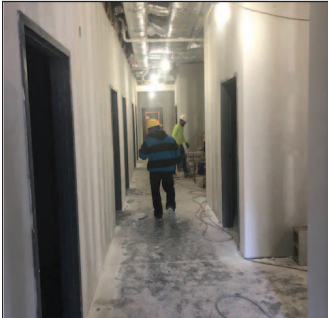
#### Physicians Quality Care

2075 Pleasant Plains Ext. • Jackson, TN 38305  
Office: 731.984.8400 • Fax: 731.984.8305  
Milan: 15463 S. First St. 38358 • 731.686.8688

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  
[jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) • [occmedjackson.com](http://occmedjackson.com)

## OCCMed's expansion continues

Offices and patient exam rooms are taking shape inside our new 4,000-square-foot Occupational Medicine Facility. Outside, it's almost time to start laying brick. Our expanded facility, which will open in early 2020, will gather all industrial/business services under one roof. And we'll continue to provide complete onsite services 24/7 by appointment. Watch for details about our Open House Luncheon coming soon!



## OCCMed hours

Physicians Quality Care OCCMed is open 7 a.m. to 9 p.m. Monday to Friday.

Employees who need a DOT physical, drug screening or workers' compensation visit can access OCCMed care through the main Physicians Quality Care clinics on weekends and 9 to 11 p.m. weekdays. Though it is not necessary, calling ahead will help us provide treatment more efficiently.

And, we're available to come to your site any day of the week, 24 hours a day, for scheduled clinics, flu shots and immunizations and employee education.



**Physicians Quality Care**  
**P.O. Box 12197**  
**Jackson, TN 38308**

*Address Service Requested*

Physicians Quality Care OCCMed provides occupational medicine services to West Tennessee's industrial base • [occmmedjackson.com](http://occmmedjackson.com)

## Waistlines, belly sizes shrink after ban on sugary drinks

After the University of California, San Francisco, banned sales of sugary drinks, employees started downing less liquid sugar – and their waistlines showed it.

In a before-and-after study, researchers found that the ban, begun in 2015, cut employees' intake of sugary drinks by almost 50 percent. And within 10 months, their collective waist size had shrunk by almost an inch.

The university is one of a growing number of employers that have stopped selling sugar-laden beverages – in cafeterias and vending machines – in a bid to promote healthier lifestyles.

According to the results, employees who were heavy consumers of sugary drinks before the ban reduced their daily intake of those

beverages by 48 percent within 10 months. Specifically, they went from downing 35 ounces per day, on average, to 18 ounces.

The reduced consumption was based on what the workers reported, which can be influenced by social pressure.

But the researchers also had biological evidence to back up employees' claims. People who reported bigger reductions in sugary drinks also showed more improvement in their sensitivity to insulin – a key hormone in regulating blood sugar. Problems with insulin sensitivity can be a precursor to type 2 diabetes.

And then there was the change in belly size. Across the whole study group, average waist circumference dipped by just under an inch.

*Source: HealthDay News*

## 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