



Your Healthy Workplace

A Monthly Newsletter
July 2019

Many sick employees still go to work

Many workers are still on the job, even if they have symptoms of a cold, flu or other respiratory infection. And coming to work sick puts coworkers at risk.

A new study of health care workers, for example, showed that 95% worked one or more days while they were sick, even though 79% said they were entitled to paid sick leave.

Flu shots are still 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.

Physicians Quality Care OCCMed is scheduling flu shots for this fall. We will come to your work-site when it is most convenient for you at no extra charge. Employees can also come to our Milan and Jackson clinics for their flu shots.

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

ever they had symptoms of a respiratory infection. Half reported an acute respiratory viral illness during flu season.

The diaries also revealed that 69% worked because their symptoms were mild; 11% said they had things to do at work; 8% said they felt obligated to show up, and 3% couldn't afford to stay home.

"We found that physicians and people working in areas that required the most intensive contact with patients were less likely than other workers to stay home or to leave work if symptoms progressed after the start of the day," said the study's lead author.

The findings show the need to educate workers and their supervisors about the risk of spreading disease, to clarify what symptoms require workers to stay home, and to have policies for working while having symptoms.

Source: *HealthDay*

In the study, workers kept an online diary to record when-



It's hot!

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 one 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.

Healthy work lunches hard to find

If you struggle to eat a healthy lunch during your workday, a new survey suggests you're far from alone.

The survey of adults who typically eat lunch during work hours found that 56% said they struggled to have a healthy lunch at work, while 77% said they're more likely to make healthier decisions at other times of the day if they have a healthy lunch.

"The finding that healthier food choices at work may impact food choices throughout the



rest of the day presents a unique opportunity for the workplace to have a positive influence on not only the employee's health, but also the health of the employee's family," the study said.

Overall, 91% of respondents said they were interested in having a more healthy workday lunch; 82% of respondents said that having healthy food options at work is important to them, and 68% value help from their employer in becoming healthier.

– Source: American Heart Association

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- ▶ 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 can help you create a safe work environment.

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To schedule our services, contact Jennifer Carmack, OCCMed Director, at 731.984.8400 or jennifer@physiciansqualitycare.com.

Learn more at occmcdjackson.com.

Long hours can lead to stroke

Being first at the office and the last to leave may help get you that promotion, but new research warns that working long hours may not be so good for your heart.

And the longer you do it, the higher your risk for a stroke, researchers said. The findings come from a review of self-reported work habits and heart health among roughly 144,000 French men and women between the ages of 18 and 69.

Those who worked long hours had a 29% greater risk of stroke, and those who worked long hours for at least 10 years had a 45% greater risk of stroke, the analysis found. For the purpose of the study, "long work hours" meant



working more than 10 hours a day for at least 50 days out of the year.

"Previous studies in South Korea, the USA and Europe have raised this issue," the study author said. "But for the first time, we had data to show an association with duration, [meaning] 10 years or more."

– Source: HealthDay