

Your Healthy Workplace

August 2020

OCCMed expansion improves patient experience

Employees who come to our OCCMed Clinic for DOT physicals, drug testing, worker's comp injuries and other services are being treated in our recently expanded clinic.

We've added 4,200 square feet of space to the north side of our primary care clinic in Jackson.

OCCMed patients have their own entrance,



Exhaust pours out of the smoke stack on Bo Danville's restored Mack truck, above, outside of the OCCMed Clinic in Jackson, left.

waiting area and dedicated exam rooms. The project gives us the space to treat patients more efficiently.

The OCCMed Jackson Clinic is open 7 a.m. to 9 p.m. Monday to Friday.

The legend of Bo Danville

What's life without our heroes? A highlight of the OCCMed expansion is a tongue-in-cheek tribute to Bo Danville, a legendary, long-haul trucker who saved the lives of 37 school children traveling in an out-of-control school bus on our property on August 18, 2008, about the time Physicians Quality Care opened.

Bo is remembered by an "historical" marker and his restored, beloved, red Mack truck. Periodically, the truck "comes alive;" its engine revs up, the lights turn on, the horn honks and exhaust pours out of its smoke stack. Occasionally, it plays a classic trucking song.

We encourage you to drop by to honor the hard work of truckers everywhere, reflect on Bo's heroism and delve deep into your own memory. Was this guy for real?

For more information about Bo Danville, visit our website: occmmedjackson.com.

It's time to schedule those employee flu shots for this fall

Annual flu shots are the best way to protect your employees from getting the flu, says the U.S. Centers for Disease Control and Prevention. And, this year, with the uncertainty about the prevalence of the coronavirus, protecting employees from the flu is even more important.

Physicians Quality Care OCCMed is scheduling flu shots for when this year's vaccine becomes available. We expect an increase in

demand for flu shots this year, and we don't know if this will create a shortage of the vaccine.

We encourage you to reserve your flu shots now to make sure your employees are protected. As always, we'll be happy to schedule those shots at your place at your convenience.

Contact Jennifer Carmack at 731-984-8400 or jennifer@physiciansqualitycare.com.

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On-site Services: Available 24/7 by arrangement
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Help employees manage diabetes at work

Diabetes is on the rise in the United States; more than 22 million workers have the disease now, and the numbers are rising. Absence from work due to type 2 diabetes, in particular, costs employers over \$20 billion every year.

Diabetes is a chronic condition that essentially prevents the body from breaking down glucose into energy, often resulting in the need for medication (including injections) and testing blood sugar levels throughout the day.

While many people can manage their diabetes without it impacting their work

performance, employers should know that if an employee is unable to check his or her blood sugar or take insulin when needed, he or she runs the risk of getting weak, dizzy or potentially losing consciousness.

Employers are encouraged to offer time and privacy for diabetics to monitor their glucose levels. It also may be helpful to create storage space for insulin supplies.

Programs on healthy eating and exercising will help all employees, and diabetics, in particular.

Source: OSHA

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
- ▶ Strength & agility testing
- ▶ NIOSH-approved pulmonary function testing
- ▶ DOT, wellness & pre-employment physicals
- ▶ 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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Address Service Requested

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

We make it easy ... CPR & First-Aid Training

If you have first responders on your staff and need any combination of CPR, First Aid or AED training, Physicians Quality Care's certified trainers have you covered.

We can customize a training and certification program for your employees at your location. It's important to train your employees in first aid for several reasons:

▶ **It's the law:** Based on your industry, first-aid training may be required by OSHA. Even businesses that are not required to administer training through OSHA can benefit from having employees who can provide first aid.

▶ **Employee safety:** First-aid training for employees ensures that if anyone is injured on the job, immediate action can be taken and treatment can be administered in those crucial few

minutes before medical help arrives – which can have a huge impact on the outcome.

▶ **Customer service and safety:** If an injury happens at a place of business, customers expect employees to be trained to help them. A business that takes the time and money to properly train its employees in first aid and CPR cares about its customers.

▶ **Insurance premiums:** Many insurance companies offer premium discounts for businesses that have trained staff in CPR and first aid. Liability insurance can be one of the largest expenses a business faces. The ability to lower this cost while providing a community service is a huge advantage.

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