



Your Healthy Workplace

July 2020

We're scheduling flu shots for this fall.

This is not the year to postpone scheduling your employee flu shots.

We expect an increase in the demand for flu shots, and we don't know if this will create a shortage of the flu vaccine.

We also don't know how prevalent COVID-19 will be this winter, but most people will be sicker if they get both the flu and the coronavirus.

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.



We make it easy ...

Audiograms done at your work site

Most work environments are noisy. As an employer, you are required to assess your employees' hearing annually and educate them in hearing conservation.

This is where we come in. Physicians Quality Care OCCMed will come to your facility with our state-of-the-art mobile unit, test your employees, educate them about hearing conservation techniques and do all required paperwork. We are happy to schedule any shifts you need tested, any time of day.

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.

Test instructions can be given in any of 11 different languages, assuring that your non-English-proficient workers will receive an accurate test.

We can also do retests, make-up tests and work-related reviews if needed.

Contact OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@physiciansqualitycare.com to set up audiograms at your workplace.

We deliver training ...

Call on us to provide any health-related training you need at your workplace. We offer classes in CPR, First-Aid and AED certification, Tennessee Drug-Free Workplace training, handling Bloodborne Pathogens, and Active Shooter response. If you need training in an area that is not listed, contact us.



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Clinic Hours: 7 a.m. – 9 p.m. Monday to Friday
On-site Services: Available 24/7 by arrangement
jennifer@physiciansqualitycare.com • occmcdjackson.com



Expansion Update: The 4,200-square-foot expansion to our OCCMed facilities is almost finished. Our OCCMed patients will have a new entrance, above, and dedicated exam rooms.

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

Water. Rest. Shade. Keeping workers safe in the heat.

Heat-related illness is preventable, especially when companies are committed to providing the most effective controls. Workers who have not spent time

recently in warm or hot environments and being physically active also will need time to build tolerance to the heat.

Employers should encourage workers to:

- ▶ Consume adequate fluids (water and sport drinks).
- ▶ Work shorter shifts.
- ▶ Take frequent breaks.
- ▶ Quickly identify any heat-illness symptoms.

Engineering controls such as air conditioning, with cooled air, and increased air flow, also can make the workplace safer.

Other options for keeping body

temperatures down in warm environments include making changes to workload and schedules.

For example, companies can empower supervisors and workers to slow down physical activity like reducing manual handling speeds, to schedule work for the morning or have shorter shifts with frequent rest breaks in the shade or away from heat sources. At a minimum, supervisors and workers should receive training about heat-related symptoms and first aid.

Remember: Water, rest and shade when working in the heat.

Source: OSHA

