



Your Healthy Workplace

October 2020

Make it your business to promote flu shots



The beginning of October is the beginning of flu season. And, each year, the CDC estimates the flu impacts the economy \$10.4 billion in direct costs for hospitalizations and outpatient visits.

Indirect costs, including absenteeism, cost employers about \$76.7 million a year.

The average annual flu-related illness at work accounts for:

- ▶ 45 percent of all days of illness during flu season.
- ▶ 39 percent of all illness-related work days lost in the year.
- ▶ 49 percent of all days with illness-related reduced productivity.

The CDC recommends that everyone six months or older get a flu shot. It is never too late to protect yourself or your employees, but the earlier people receive the shot, the better.

What else can employers do to keep the flu at bay? Simple hygiene practices adopted to avoid the coronavirus will also help limit the spread of flu

because both are viruses. Here are some suggestions ...

- ▶ Stagger more work shifts. This will reduce the amount of people working in the office at one time.
- ▶ Limit meetings. If there is no need to gather large groups of workers in a confined space, then do not do it. Conduct meetings via conference calls or video conferencing.
- ▶ Expand telecommuting. Determine who can work from home or another location.
- ▶ Allow sick workers to stay home without fear of losing their jobs.
- ▶ Institute flexible leave policies to allow parents to care for a sick child or loved one.
- ▶ Provide no-touch trash cans, hand-washing stations, soap and hand sanitizer.
- ▶ Encourage employees to wash their hands frequently, avoid handshakes, and take other hygienic precautions, such as disinfecting workplace surfaces, like phones and computers.

– Sources: CDC, Challenger/Gray/Christmas Inc.

Offer flu shots for employees

Physicians Quality Care
OCCMed will give flu shots at your worksite on your schedule.

Flu shots are the best way to protect employees from getting sick and missing work because of the flu.

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

Physicians Quality Care OCCMed
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 • occmcdjackson.com

Do selfish jerks get ahead?

Not necessarily. Being a selfish jerk won't pave a path to success, new research suggests.

The study involved hundreds of participants who completed personality assessments when they were undergraduates or MBA students at three universities.

The researchers checked in with the same people about 14 years later to find out how well they'd done in their careers, and their co-workers were asked about the participants' workplace behavior.

In general, people who were selfish,

deceitful and aggressive weren't more likely to have attained positions of authority than those who were generous, trustworthy and pleasant.

The findings don't mean that jerks don't attain high positions, but rather that they don't get there faster than others, researchers said.

Apparently, any advantage that someone may get from being selfish, deceitful and aggressive is offset by their poor relationships with others.

– HealthDay

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



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 • occmcdjackson.com

Think safety and put a woman behind the wheel of that truck

Some of us knew it all along. Women are safer drivers, according to a study in Britain. If more women were hired for trucking jobs, the roads would be a lot safer, the researchers suggest.

That's because men, who hold most driving jobs, are more likely to drive dangerously. This puts other road users at risk.

For the study, the researchers looked at injury and traffic statistics, travel survey data, population figures

and gender figures for 2005 to 2015.

Men posed a significantly higher risk to others for five of the six types of vehicles studied, the researchers found.

For cars and vans, the risk male drivers posed was double that of women per kilometer driven. The risk was four times higher for male truck drivers, and more than 10 times higher for those on motorcycles, the findings showed.

– Source: HealthDay



DOT physicals at your site

Call us the next time you need DOT physicals for your drivers. We offer a cost-efficient and convenient solution for scheduling your DOT physicals at your location if you have a minimum of five employees needing the service.

Our DOT-certified medical examiners will do the physicals on your schedule. We will also fill out all of the necessary paperwork, including certificates of health for each driver, and we'll get the results back to you the same day.

To schedule, contact us at 731-984-8400 or jennifer@physiciansqualitycare.com.