



Your Healthy Workplace

Spring 2021

Risk of injury related to hours construction employees work

For construction workers, the chance of getting injured or getting more severe injuries are related to the hours they work, research from Oregon State University shows.

Using workers' compensation claims from the state's construction industry, researchers looked at more than 12,000 claims in which a work-related injury or illness caused at least three missed days of work, overnight hospitalization, likely permanent disability or death.

They found that the frequency of injuries increased in each of the first four hours of a shift and peaked during the fourth hour. Workers who started their shift in the evening or at night were more likely to experience injuries and suffer more severe injuries than daytime workers.

Two interventions to help reduce injuries: increased workplace supervision and strict enforcement of mandatory rest and meal breaks. *Source: Safety and Health Magazine*

Audiograms at your site, day or night

Physicians Quality Care OCCMed will come to your facility with our state-of-the-art mobile unit to do your OSHA-required hearing-conservation training and test 10 people at a time every 20 minutes.

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.

We can also do retests, make-up tests and work-related reviews if needed. We are happy to schedule any shifts you need tested, any time of day. There is no extra set-up fee to do these tests at your site.

Most companies are noisy work environments. As an employer, you are required to assess your employees' hearing annually and educate them in hearing conservation. Our team of CAOHC-certified hearing conservationists can help you safeguard your employees' hearing and comply with OSHA regulations.

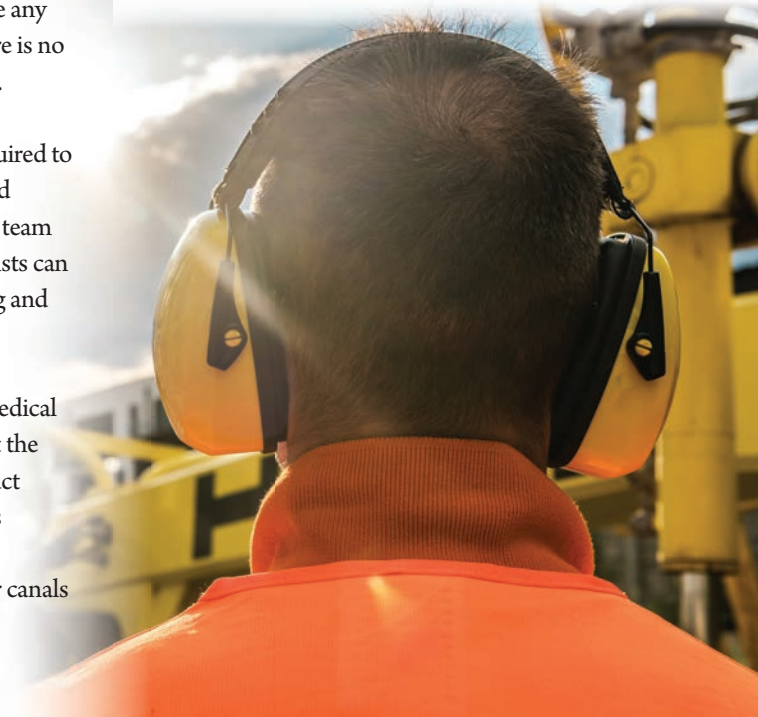
After setting up our 10-person mobile audiometry unit on-site, we will obtain a medical and "noise" history from each employee. At the same time, at your discretion, we will instruct them in hearing conservation techniques as required by law.

We will then inspect the employee's ear canals and drums for abnormalities and/or wax

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Schedule your audiograms today

Contact OCCMed Director Jennifer Carmack at 731-784-8400 or jennifer@physiciansqualitycare.com to schedule audiograms for your employees at your facility.



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Clinic Hours: 7 a.m. – 9 p.m. Monday to Friday
On-site Services: Available 24/7 by arrangement
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Funding for robot safety research

NIOSH, in partnership with the National Science Foundation, is helping to fund studies on the integration of robotic technologies in the workplace.

The science foundation is calling for proposals for the National Robotics

Initiative 3.0, subtitled Innovations in the Integration of Robotics.

Through this initiative, NIOSH seeks to fund research on integration of robotics technologies for reducing workplace risk exposures, research to identify potential physical risks and sociotechnical challenges of robotics technologies to workers, and research to evaluate different risk control strategies.

Source: *safetyandhealthmagazine.com*

Audiograms

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obstruction – anything that might decrease his or her hearing – then seat the employee in our mobile testing unit for the 10-minute test. All employees with a presumptive STS are identified, and reports are returned to your designated representative, usually within 72 hours.

Because we are local, repeat testing for those with a presumptive STS can be done in our office at the employee's convenience. We also understand that your employees' time off the clock affects your bottom line. That's why – unlike out-of-state companies who tell YOU when they can do your testing, Physicians Quality Care OCCMed is available 24/7.

That means your third-shift employees can be tested on third shift, reducing employee disruption and downtime.



Physicians Quality Care
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Address Service Requested

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

Past year exacerbates employee depression

Depression, which has been recognized as a prevalent condition, has become more pervasive in the past year.

A Gartner, Inc. survey of more than 5,000 employees conducted in the fourth quarter of 2020 found that more than one-quarter of the workforce (29%) described itself as depressed.

Employers are responding and offering programs that employees are using. According to the survey, 49% of employees who said their organization offers a mental well-being program participated in it in 2020.

“The need for well-being support has skyrocketed, giving organizations a new mandate to offer more and better programs,” said Carolina Valencia, vice president in the Gartner HR practice said in a statement. “Organizations, more than ever, must respond to all facets of the individual, from the physical to the emotional, and address some of the new stressors that have emerged over the past year.”

Source: *ehstoday.com*

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 and EKGs

