



PHYSICIANS QUALITY CARE

# Your Healthy Workplace

July 2021

## Would you know what to do?

### Active Shooter Training

**M**ass shootings in the United States are on the rise. From January 1 to June 25, 2021, there were more than 300 events, killing 336 and injuring 1,263. A mass shooting is an event with at least four victims shot – not including the shooter.

Our Active Shooter seminars train people in what to do in those critical minutes after someone with a gun enters a building and before law enforcement and medical help arrive. Our goal is to help organizations respond appropriately if violence strikes.

The seminar, taught by experienced lawman Lt. Chip Holland and Dr. Melanie Hoppers, a certified tactical physician, provides practical classroom instruction on what to do in the event of an active shooter, both to protect oneself and know how best to keep from interfering with law enforcement in a critical situation.

The seminar includes a facility walk-

through and written action plan.

The final portion of the seminar, taught by Dr. Hoppers, gives attendees hands-on experience in controlling life-threatening bleeding, correct tourniquet use, wound packing, and safe lift and carry techniques.

Who benefits? Any organization where people gather. We provide training for businesses of all sizes and an array of other organizations, such as churches and community groups.

**Know what to do.  
Learn how to prepare.  
Schedule an active shooter seminar.**

Contact OCCMed Director Jennifer Carmack at 731-784-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).

Learn more about our seminars under the Education Services tab at [occmmedjackson.com](http://occmmedjackson.com).

### Schedule employee flu shots



We're scheduling employee flu shots for this fall. The CDC recommends that people get their flu vaccine in September or October – after the new vaccine arrives and before flu season typically starts.

Everyone 6 months and older should get a flu vaccine every season with rare exceptions. Vaccination is particularly important for people who are at high risk of serious complications from influenza.

Flu vaccination has important benefits. It can reduce flu illnesses, doctors' visits, and missed work due to flu, as well as prevent flu-related hospitalizations and deaths.

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## Be careful when working in extreme heat

Millions of Americans sweat their way through the work week. Ask anyone from welders to pastry chefs, road construction crews to factory workers during a sweltering summer: Extremely hot and humid working conditions are not confined to tropical countries.

You should be aware of the many health problems associated with laboring in extreme heat. It also can lead to on-the-job accidents.

It can cause less serious ills like heat cramps, prickly heat and heat exhaustion. In rare cases, heat can even be deadly. Heat stroke occurs when the body's regulatory system fails and body temperature rises too high; it can cause brain damage or death.

So if your employees are among those working in high heat conditions, make sure they take frequent breaks and drink fluids. Everyone should know how to identify signs of heat illness.

### How hot is too hot?

The answer varies according to your overall fitness and the type of physical activity the work requires. No matter what the temperature is around you, your body tries to maintain its normal internal temperature of 98.6. For most of us, that means we're comfortable working in an environment of about 73 degrees (with 45 percent humidity), but that ideal could drop as low as 55 degrees if your work is extremely labor intensive.



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## A pain in the neck?

Neck pain? Poor posture can cause it, but may not be the only reason why, new research suggests.

Lifestyle is a key culprit – particularly long periods of time spent hunched over handheld devices or working on computers. So, a team at Texas A&M University set out to learn just how big a part personal factors play in neck pain.

As expected, the researchers found that work-related factors like posture played an important role in determining neck strength and endurance. But while they found no significant difference between men's and women's neck endurance, body mass index (BMI) was a significant predictor.

To their surprise, time of day also affected how well the neck sustained exertion without tiring.

Neck pain is among the fastest-growing causes of disability. It is the fourth-leading cause of disability worldwide, according to the Institute for Health Metrics and Evaluation.

Researchers might have the data to begin evaluating if patients recovering from neck injuries are ready to return to work based on whether their neck strength and endurance are at normal levels.

Engineers and designers could also use the data to design wearable devices, like helmets, that are less stressful on the neck.

## 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