



PHYSICIANS QUALITY CARE

# Your Healthy Workplace

August-September 2022



## Many workers at risk of hearing loss

**O**ccupational hearing loss is the most common occupational disease in the United States. It is so common that it is often accepted as a normal consequence of employment.

More than 30 million workers are exposed to hazardous noise, and an additional 9 million are at risk from other causes.

Once hearing loss is acquired, it is irreversible.

Problems created by occupational hearing loss include ...

- Reduced quality of life because of social isolation and unrelenting tinnitus (ringing in the ears).
- Impaired communication with family members, the public and coworkers.
- Lost productivity and increased accidents resulting from impaired communication and isolation.
- Expenses for workers' compensation and hearing aids.

Source: *cdc.gov*

### We test employee hearing at worksite

With no extra on-site setup fee, we can take care of your OSHA-required hearing conservation tests inside our new mobile audiometry bus. CAOHC-certified Occupational Hearing Conservationists conduct all tests and are supervised by a medical doctor.

To schedule the audio bus at your workplace, contact OCCMed Director Jennifer Carmack at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).



### & REDUCE RISK

As fall approaches, so does flu season. That's why we're gearing up now for another flu season and scheduling employee flu shots.

The CDC recommends that people get their flu vaccine in September or October – after the new vaccine arrives and before flu season typically starts.

Physicians Quality Care OCCMed will provide employee flu shots at your work site on your schedule.

Contact Jennifer Carmack at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) or 731-784-8400 to schedule the vaccine.

### Physicians Quality Care OCCMed

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Office Hours: 9 a.m. – 5 p.m. Monday to Friday

Clinic Hours: 7 a.m. – 7 p.m. weekdays

On-site Services: Available 24/7 by arrangement

[jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) | [occmedjackson.com](http://occmedjackson.com)

# Create a workplace safety campaign

A safety campaign is a way for organizations to share what they're doing to promote workplace safety and encourage employees to take ownership of the risks present in their day-to-day lives.

Creating a successful workplace safety campaign requires planning, collaboration with employees and stakeholders, and continuous engagement with employees throughout the year. Take these steps ...

■ **Evaluate your workplace:** Look at each area at your worksite, identify risks and determine how serious they are.

■ **Look at risks to your employees:** For ex-

ample, do you have workers with disabilities or pregnant employees who are at greater risk?

■ **Analyze, prioritize workplace hazards:** List each hazard from most to least dangerous. Prioritize hazards that are likely to cause injury.

■ **Educate employees:** An accident is any event involving a workplace hazard that causes property damage or risks serious harm.

■ **Record all accidents and injuries:** Record the date, time and location of the accident; the type of accident; and the type of injury and its severity.

■ **Start a mentorship program:** Mentorship is a great way for employees to understand work-

**SAFETY  
FIRST**

## We can help!

Contact us at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) or 784-8400 to help you set up a safety campaign.

place safety in an informal setting.

■ **Address security and privacy concerns:** Your safety campaign should emphasize the importance of reporting accidents and assure that employee names will not be released.

■ **Convene a team to create the campaign:** Identify team members, choose a leader and set an official meeting date.

■ **Make sure the campaign is ongoing.** Safety is a continuous process that needs to be addressed year-round. *Source: ohsonline.com*



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*Address Service Requested*

Physicians Quality Care OCCMed provides occupational medicine services to West Tennessee's industrial base • [occmedjackson.com](http://occmedjackson.com)

## Our self-contained Mobile Clinic ...

*provides a range of medical services at your doorstep*

Physicians Quality Care OCCMed's mobile clinic offers employers a convenient and cost-effective way to provide many medical services at your worksite.

The clinic is staffed by a nurse practitioner and medical assistant. It has a waiting area and exam room.

The mobile clinic can be reserved to come to your worksite on a regular schedule or as you need it. With a four-hour minimum, it can be reserved up to 10 hours per visit.

To learn more about the mobile clinic's capabilities and pricing, visit [occmedjackson.com](http://occmedjackson.com). To reserve time for the

clinic to be at your worksite, contact Jennifer Carmack, Director, Physicians Quality Care OCCMed, at 731-217-7711, 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.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