



Your Healthy Workplace

December 2022



Get ahead of your New Year's resolutions

- 1) Schedule OCCMed Jackson's mobile clinic for regular visits at your worksite. From pre-employment physicals and drug screens to sick visits and flu shots, our medical team is ready to meet your company's medical needs.
- 2) Plan a wellness fair to start the year off right.
- 3) Schedule OCCMed's audiometry bus. We'll take care of OSHA-required hearing conservation tests at your convenience.

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



'Twas two weeks before Christmas,

...and all through the place
Employees were working at such a fast pace.

Holiday goods were piled on the docks with care
In hopes all would be finished – no time to spare.

Office folks were working, all snug at their desks,
While numbers and profits danced like big checks.

The boss in her 'kerchief, and I in my cap
Had just settled our focus to avoid any gaps

When out in the plant, there arose such a clatter;
I sprang from my desk to see what was the matter.

Away to the plant floor, I flew like a flash,
Tore open the door and made a big dash.

Some employees were coughing, looking quite sick
When I knew what I needed was more than St. Nick.

I flew to my cell phone, called Physicians Quality Care
And knew the OCCMed staff soon would be there

More rapid than eagles their mobile clinic came;
OCCMed Director Jennifer called them by name.

Now, Nathan! now, Rebecca! now Aundrea and Ana!
On Whitney! On, Lisa! On, Kelly and Janna!
On, Genea! On, Ron! On, Rhonda and Janina!

With a wink of their eyes and a nod of their heads
Soon gave me to know I had nothing to dread;

They spoke not a word, went straight to patient care,
Checked temps, gave shots, gave medicine – left nothing to spare.

When finished with all, they turned with a jerk,
I knew my employees could finish their work.

OCCMed folks sprang to their truck, gave out a whistle.
The mobile clinic vanished like
the down of a thistle.

But I heard them exclaim,
'ere they drove out
of sight –

***"Happy Christmas to all,
and to all a good night!"***



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
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Heart attacks cause more deaths in winter

The winter holidays are a time of celebrating and sharing precious time with family and friends, but they can also be deadly: More people die of heart attacks on Christmas Day than on any other day of the year.

The second-most heart attack deaths happen on Dec. 26, followed by Jan. 1.

Experts aren't certain what's behind that troubling fact, but they offer some suggestions to help ensure that you aren't among them.

"The holidays are a busy, often stressful, time," said Dr. Mitchell Elkind, chief clinical science officer for the American Heart Association. "Routines are disrupted; we may tend to

eat and drink more and exercise and relax less."

"We also may not be paying attention to warning signs, thinking a trip to the doctor can wait until after the new year."

While cold weather restricting blood vessels is one potential cause, another study found that even in Los Angeles County's mild climate, about one-third more heart attacks happen in December and January than in June through September.

Among the ways to stay heart-healthy during the holiday season:

■ Celebrate in moderation. Look for small, healthy food swaps to keep overindulging in

check. Especially watch your salt intake.

■ Keep moving with family walks or other fun activities that help you continue to get the recommended 150 minutes of physical activity weekly.

■ Reduce the stress from family interactions, strained finances and hectic schedules by making time for self-care.

■ Don't forget to take medications.

■ Know the symptoms of a heart attack, which can vary in men and women. Call 911 as soon as you notice the signs.

Source: HealthDay, American Heart Association



Physicians Quality Care
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Address Service Requested

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



Physicians Quality Care OCCMed
will close at 3 p.m. Christmas Eve.

We'll be closed Christmas Day
and New Year's Day.

Merry Christmas! Happy New Year!

DOT physicals on-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.

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