



Your Healthy Workplace

February 2022

New audio bus has latest equipment

Our new state-of-the-art, mobile audiometry bus is ready to visit your worksite.

With no extra on-site setup fee, we can take care of your OSHA-required hearing conservation training and test 10 people at a time, with each test taking about 25 minutes.

All tests are conducted by CAOHC-certified Occupational Hearing Conservationists and are supervised by a medical doctor. 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. We are happy to schedule any shifts you need tested, any time of day.

Most companies are noisy work environments. As an employer, OSHA requires you to assess employees' hearing annually and educate them in hearing conservation. We can help you safeguard

your employees' hearing and comply with all OSHA regulations.

After setting up our new audio bus 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.



Schedule your audiograms today:
Contact OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@physiciansqualitycare.com to schedule audiograms for your employees at your facility.

Our mobile clinic almost ready

We're also finishing up preparations for our new mobile clinic. While at your worksite, the clinic's doctors and nurses can provide primary care, drug screenings, pre-employment physicals, urgent care, flu shots and other services.

The mobile clinic, with the latest equipment and supplies, will operate on a schedule, visiting worksites on whatever frequency works best for a particular employer.

Contact us at jennifer@physiciansqualitycare.com to get on the clinic's schedule.

Our new audio bus has state-of-the-art hearing testing equipment and offers a comfortable setting for those taking the tests.

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. - 7 p.m. weekdays; 9 a.m. - 2p.m. Saturdays
On-site Services: Available 24/7 by arrangement
jennifer@physiciansqualitycare.com | occmmedjackson.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

CHANCE OF FLU INCREASES WITH TYPE OF JOB

Your job may significantly increase your risk of catching the flu, with potential implications for the spread of other infectious diseases including COVID-19, according to new research.

On average, working folks are 35 percent more likely to get the flu than those without jobs, but an analysis of U.S. federal data found sharp

differences between certain jobs and industries.

The more work-related contact people had with others, the greater their flu risk. For example, people working in sales had a

41 percent higher risk than farmers, and those in education, health and social services jobs had a 52 percent higher risk than miners.

Source: *HealthDay News*

FLU SHOTS

We're still scheduling flu shots at your location or ours. Contact Jennifer Carmack at 731-784-8400 or jennifer@physiciansqualitycare.com.



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

Multitasking not good for your health

In this high-tech, high-pressure age, multitasking has become a national pastime. No matter where we are or what we're doing, we can always add one more ball to the juggling act.

Doing several tasks simultaneously may seem like the height of efficiency — and it would be, if a person had more than one brain. In the real world, multitasking actually wastes time and reduces work quality.

But these aren't the most worrisome consequence of multitasking. It can lead to stress, which in the short term, makes you feel lousy. Over time, stress can lead to more serious health problems — and that's not even counting the dangers of sending a fax while changing lanes.

Whenever demands exceed abilities, stress is

bound to follow. The brain responds to impossible demands by pumping out adrenaline and other stress hormones that put you "on edge."

These hormones provide a quick burst of energy, but this won't make multitasking easier. An old pickup can't go 150 miles per hour no matter how hard you step on the gas.

A steady flow of stress hormones can strain the body and threaten health. Numerous studies have found that on-the-job stress can cause headaches, stomach trouble and sleep problems. Chronic work-related stress can lead to back pain, heart disease and depression.

So what should you do when the phone rings and the email pings? First, organize your work life to cut down on multitasking as much as pos-



sible. Start with ignoring the phone and turning off email alerts while you're working on an important project.

No matter how demanding your job is, you can take steps to protect yourself from stress. These include meditation, regular exercise and a healthy diet. Just don't try doing all three at once.

— Source: *HealthDay News*