



Your Healthy Workplace

July 2022

The benefits of workplace vaccinations

As you consider whether you should schedule flu vaccinations for your employees at your worksite, consider the costs if you don't make it easy and convenient for employees to get their flu shots.

The Centers for Disease Control recommends an annual flu vaccine for all people six months and older, with some exceptions. And people with underlying health conditions are at a higher risk of getting the flu and having serious complications.

Here's a list of benefits for both employers and employees when the workplace is protected against the flu ...

For Employers:

- Reduces costs by decreasing time missed from work to get vaccinated.
- Reduces costs by reducing absences due to illness, resulting in improved productivity.
- Vaccination often already covered under employee health plans.
- Improves morale.

For Employees:

- Reduces absences due to sickness and doctor visits.
- Improves health.
- Convenience.
- Improves morale.

It's easy to schedule flu shots

The flu not only makes employees and their families sick, it also disrupts the workplace and affects your bottom line when people can't work because of sickness. Contact Jennifer Carmack at 731-984-8400 or jennifer@physiciansqualitycare.com. We can schedule your flu shots in our mobile clinic at your worksite, in your worksite or at our clinic.



It's a bird? A plane? Nope.

It's OCCMed's mobile clinic rolling into your parking lot.

The self-contained, state-of-the-art health care clinic is staffed with a nurse practitioner and a medical tech, who have the equipment and resources to provide a variety of medical care.

The mobile clinic is designed to provide convenience as well as quality care to your employees.

Schedule the mobile clinic at your worksite by contacting OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@physiciansqualitycare.com.



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

On-site Services: Available 24/7 by arrangement

jennifer@physiciansqualitycare.com | occmcdjackson.com

Do you know how to cope with job stress?

Whether you're at the top of the career ladder or a few rungs down, chances are you've felt some stress on the job.

In a survey reported by the National Institute for Occupational Safety and Health, 40 percent of Americans said their jobs were "very or extremely stressful."

The strain isn't just aggravating, job stress can be hazardous to your health. How much do you know about coping with job stress? Take this short quiz to find out. — Source: *HealthDay News*

1. Which of these conditions is strongly linked to job stress?

- a. Back pain b. Heart disease
c. Depression d. All of the above

2. According to the American Psychological Association, supervisors and heads of companies are especially vulnerable to job stress. True or False?

3. If you feel a lack of control over your job, your only choices are putting up with it or quitting. True or False?

4. Which of these is the most effective long-term solution to on-the-job stress?

- a. Vacations
b. Relaxation exercises
c. Worker-friendly organizational changes
d. Effective time management

5. You have a legal right to a safe working environment. True or False?

6. A healthy diet, adequate sleep,

and regular exercise can help you deal with on-the-job stress. True or False?

Answers:

1. d. All of the above

2. False 3. False

4. c. Worker-friendly organizational changes 5. True 6. True



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 • occmedjackson.com

Shift work could delay menopause, with potential harm to health

Women whose jobs require shift work may experience delayed menopause, according to a new study, and it

could be bad for their health.

Whether it's working the overnight shift or different hours from day to day, shift work has been linked to higher risks for a variety of health problems, including certain cancers, heart disease, diabetes, and mental health issues such as depression.

This new Canadian study found a relationship between rotating shifts and delayed menopause.

Researchers suspect shift work might disrupt circadian rhythms — the body's 24-hour internal clock. They said the disruption may trigger changes in estrogen production.

"We all know that we in society or any community cannot survive without shift work," said lead author Durdana Khan, a doctoral candidate in kinesiology and health science at York University in Toronto.

"Shift work is everywhere, she said — health care, emergency and security personnel, industry. "But its negative impact on workers' health cannot be overlooked. I think all women should be aware of the impact of the shift work on their health."

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

