



Your Healthy Workplace

June-July 2022

Our self-contained Mobile Clinic arrives ...
at your doorstep, equipped and staffed to provide a wide range of medical services

Drug screens. DOT physicals. Flu shots. Vaccinations. Fit-for-duty testing. Pulmonary function tests. Wellness blood work. Respiratory fit tests. Sick visits.

Imagine the convenience of a clinic that rolls into your company's parking lot and that has the ability to do all of the above — and more.

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. To reserve time for the clinic to be at your worksite, contact Jennifer Carmack, Director Physicians Quality Care OCCMed, at jennifer@physiciansqualitycare.com, 731-217-7711 or 731-984-8400.



It's hot out there!



Making matters worse, many outdoor workers may not realize their health is in jeopardy while they work in the heat.

This is the main finding of a new study that looked at how extreme heat affects outdoor workers' health in Las Vegas, Los Angeles and Phoenix, three of the hottest cities in the United States.

"Heat is not always perceived as a health risk, but it can cause significant problems," said the study's author. "Heat-related illness can range from mild headaches, cramps or dehydration to life-threatening heatstroke."

Researchers found that increases in heat dovetailed with increases in heat-related on-the-job injuries.

Women may be more vulnerable to certain heat-related conditions than men, including hyponatremia, which develops when too much plain water is consumed and sodium levels in the blood get too low.

Nearly three out of four heat illness fatalities happen during the first week of work. New and returning workers need to build tolerance to heat by

(More on back page.)

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 Clinic Hours: 7 a.m. - 7 p.m. weekdays
 On-site Services: Available 24/7 by arrangement
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It's hot out there! (From front page.)



taking frequent breaks and working shorter shifts in the heat to start. Employers should also ...

- Provide cool drinking water: Encourage workers to drink at least one cup every 20 minutes, even if they are not thirsty.

- Rest breaks: Allow workers time to recover from heat in a shady or cool location.

- Dress for heat. Workers should wear hats and light-colored, loose-fitting, breathable clothing, if possible.

- Use a buddy system where workers watch each

other for signs of heat intolerance.

- Look for signs of heat illness, including fainting, dizziness, nausea and muscle spasms. Act quickly; when in doubt, call 911.

- Offer training on the hazards of heat exposure and how to prevent illness.

- Develop an Emergency Action Plan on what to do if a worker shows signs of heat-related illness.

To learn more about heat illness prevention and first aid, visit www.osha.gov/heat.

Sources: *HealthDay News*, OSHA, NIOSH



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Do Zoom meetings affect creativity? Maybe!

Zoom meetings became the lifeblood of many workplaces during the pandemic, but a new study points to a downside: They may limit employees' capacity for creative thinking.

In experiments with workers in several countries, researchers found two broad phenomenon: Coworkers tended to be less adept at generating creative ideas when they communicated by video. But virtual meetings did not harm — and may have actually helped — their ability to zero in and make decisions.

The takeaway, experts said, is that all this workplace Zooming is neither good nor bad. But certain job tasks may be better suited to virtual communication than others.

One major difference is the physical environment. When coworkers are in the same room,

they can feel free to look around, to essentially let their eyes and minds wander. And wandering is good when it comes to creative thinking.

In contrast, video conferencing creates a different "shared environment." People tend to confine their visual focus to the computer screen, which also narrows their "cognitive focus." Virtual workplace meetings may foster efficiency, but creativity does better with in-person meetings.

Source: *Health Day News*



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