



PHYSICIANS QUALITY CARE

Your Healthy Workplace

January 2023



Start the year off right!

Focus on employee health and safety.

- 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@occmedjackson.com.

We'll come to you: audiograms at your office

Physicians Quality Care will come to your facility with our state-of-the-art mobile unit. 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 every 20 minutes.

All tests are conducted by CAOHC-certified Occupational Hearing Conservationists, supervised by a medical doctor and use the top-of-the-line Benson audiometer. Our calibrated sound-level meter assures that ambient noise will not interfere with your hearing tests.

We can even do retests, make-up tests and work-related reviews if needed. We are happy to schedule any shifts you need tested, any time of day.

Most companies are noisy work environments. As an employer, you are required to assess your employees' hearing annually and educate them in hearing conservation. Our team of CAOHC-certified hearing conservationists can help you safeguard your employees' hearing and comply with all OSHA 29 CFR 1910.95 regulations.

After setting up our 10-person mobile audiometry unit on-site, we will obtain a medical and "noise" history from each employee. At the

Schedule our audio unit

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jennifer@occmedjackson.com.

same time, at your discretion, we will instruct them in hearing conservation techniques as required by law.

We will then inspect the ear canals and drums for abnormalities and/or wax

obstruction — anything that might decrease their hearing — then seat them in our mobile testing unit for the 10-minute test.

Because we are local, repeat testing for those with a presumptive STS can be done in our office at the employee's convenience.

We also understand that your employees' time off the clock affects your bottom line, that's why — unlike out-of-state companies who tell YOU when they can do your testing, Physicians Quality Care OCCMed is available 24/7. That means, for example, your third-shift employees can be tested on third shift, reducing employee disruption and lessening downtime.



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@occmedjackson.com | occmedjackson.com

A safe, healthy workplace is best practice

Safety programs benefit employees as well as employers, and they are just as important as any other area of an organization. They protect employees from getting hurt, and they prevent loss time in the workplace.

Employers should implement a strong safety program that is proactive; it identifies potential safety problems and then takes steps to decrease the risk of those problems with safety practices.

A strong safety program has ...

- Commitment from management, which should lead by example by practicing safe behaviors.
- Safety as a top priority.
- Employee involvement. Employees are

encouraged to bring up safety concerns, help address those concerns and get positive feedback from the boss.

■ **Worksite analysis.** Health and safety hazards are evaluated continually, and the worksite is up-to-date on all OSHA requirements.

■ **Hazard prevention.** Management and employees work together to identify and eliminate hazards.

■ **Training.** The employer provides ongoing education to review safety protocols. Both management and employees know what to do if an emergency or unsafe condition occurs in the workplace.



We can help!

Contact OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@occmedjackson.com to get started on a safety program.



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Address Service Requested

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

Study: Workplace violence and harassment remain widespread as victims fear speaking up

Nearly a quarter of workers worldwide have endured workplace violence or harassment, but only half of the victims discuss their experiences, results of a recent survey show.

Researchers surveyed more than 74,000 workers in 121 countries and territories. Respondents discussed workplace exposure to physical, psychological and sexual violence and harassment. Results show that 22.8 percent of the respondents experienced at least one form of violence or harassment.

Of them, 31.8 percent indicated they faced multiple forms, while 6.3 percent said they

had experienced each.

However, only 54.4 percent of the workers said they shared information about the experience with others, with women (61 percent) more likely than men (50 percent) to talk.

Additionally, the results showed that youth, migrant, and wage and salaried workers were more likely to face violence and harassment at work. Young women were twice as likely as young men to endure sexual violence and harassment, while migrant women were nearly twice as likely as non-migrant women to report sexual violence or harassment.

Source: Safety+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