



# Your Healthy Workplace

## Summer 2023



## PQC Physical Therapy offers quality treatment, continuity of care for worker's comp patients

When Dr. Peter Gardner has a worker's comp patient who needs physical therapy, he recommends he or she get that therapy from the Physicians Quality Care Physical Therapy Department.

"The patient has better continuity of care," said Dr. Gardner, who is also PQC Medical Director. With the physical therapy department just down the hall from his clinic, he said, "I can more closely monitor their progress and react more quickly to any potential problems."

Instead of waiting for the paperwork from another physical therapy company to assess his

patient's progress, "I can just walk over to see how he is doing," Dr. Gardner said. "I get the information faster; the patient improves more rapidly and is able to return to work much more timely."

"This not only saves time and money for the employer, it makes the treatment process easier for the

patient."

Dr. Gardner also knows his patient is getting the highest quality therapy.

"Our physical therapy uses extensive hands-on, manual therapy techniques — which have become rare in today's physical therapy — resulting in better treatment," he said. "The more aggressive techniques result in faster and better outcomes."



PT Technician Haley Russell, above, works with a patient. To learn more about PQC Physical Therapy, visit [physiciansqualitycare.com](http://physiciansqualitycare.com) or contact PT Director Christy Sorrell at [pt@physiciansqualitycare.com](mailto:pt@physiciansqualitycare.com) or 731-784-8400.



## Medical care at your doorstep

Flu shots. Physicals. Sick visits. Drug screenings. Vaccinations. Pulmonary function tests ...

Whatever your company's medical needs, our mobile clinic provides quality health care and convenience at your doorstep.

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.

Schedule the mobile clinic at your worksite by contacting Jennifer Carmack, OCCMed Director, at 731-984-8400 or [jennifer@occmedjackson.com](mailto:jennifer@occmedjackson.com).

## Physicians Quality Care OCCMed

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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. Play it safe and smart when working in heat.

It's hot out there. Employees who work in the heat should heed these safety tips ...

- Stay hydrated. Drink plenty of fluids; drink about 16 ounces before starting and 5 to 7 ounces every 15 or 20 minutes.
- Avoid dehydrating liquids. Alcohol, coffee, tea and caffeinated soft drinks can hurt more than help.
- Wear protective clothing. Lightweight, light-colored and loose-fitting clothing helps protect against heat. Change clothing if it gets completely saturated.
- Pace yourself. Slow down and work at an even



pace. Know your own limits and ability to work safely in heat.

- Schedule frequent breaks. Take time for rest periods and water breaks in a shaded or air-conditioned area.
- Use a damp rag. Wipe your face or put it around your neck.
- Avoid getting sunburn. Use sunscreen and wear a hat if working outside.
- Be alert to signs of heat-related illness. Know what to look for and check on other workers who might be at risk.
- Avoid direct sun. Find shade or block out the sun if possible.
- Eat smaller meals. Eat fruits high in fiber and natural juice. Avoid high protein foods.

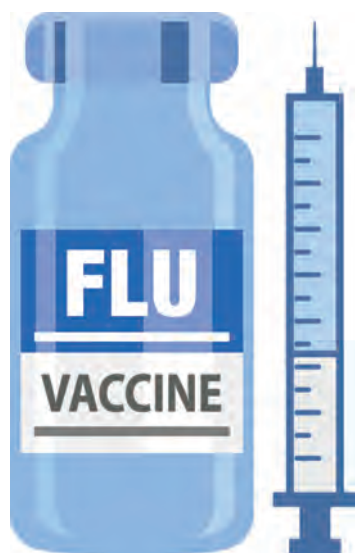
Source: Society Insurance Risk Management



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## Schedule employee flu shots for this Fall

Physicians Quality Care OCCMed is scheduling employee flu shots at your work site in September and October.

The CDC recommends the flu shot for everyone six months and older and that people get their flu immunizations in September or October — before flu season typically starts.

The CDC reported a high incidence of flu in the season that just ended. Each year, the new vaccine is designed to address expected strains in the flu.

We'll schedule your flu shots at your convenience. Contact OCCMed Director Jennifer Carmack at 731-984-8400 or [jennifer@occmedjackson.com](mailto:jennifer@occmedjackson.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