



Your Healthy Workplace

June 2023



Avoid Hiring Your Next Injury

Pre-employment physicals help determine if a person is right for the job

Some estimates show that as much as 40 to 50 percent of injuries occur in the employee's first year on the job.

Other studies show that every dollar spent on pre-employment physicals saves many dollars later in treating injuries, time off from work, and paying worker's compensation claims.

Making sure new hires can meet the demands of a job lessens health care costs and goes a long way to building an injury-free workplace.

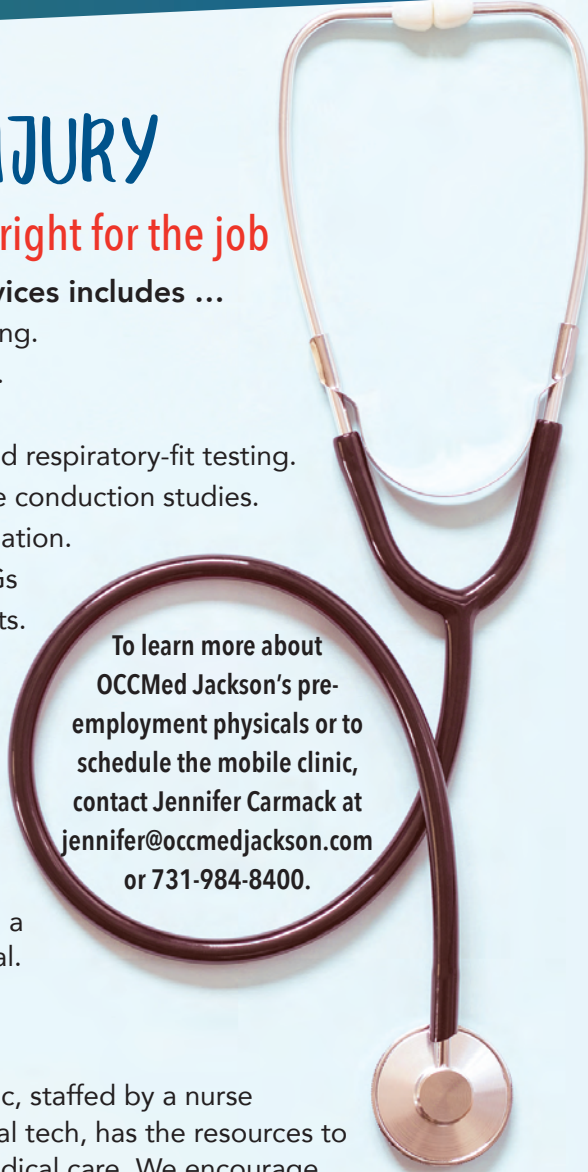
At Physician's Quality Care OCCMed, we know how crucial the hiring process is for West Tennessee employers. We know that pre-employment requirements are diverse, time sensitive and can require more than one provider.

From drug and hearing tests to physical ability testing, we do it all. We'll even come to your workplace to assess a job's physical requirements.

Our full scope of services includes ...

- Drug and alcohol testing.
- Physical ability testing.
- Job site evaluations.
- Pulmonary function and respiratory-fit testing.
- Pre-employment nerve conduction studies.
- Workplace noise evaluation.
- Digital X-rays and EKGs
- Vision and hearing tests.
- Heavy-metal testing.
- Laboratory tests.

So how do you hire physically qualified workers? A critical first step is matching the employee to the work required on the job with a pre-employment physical.



To learn more about
OCCMed Jackson's pre-
employment physicals or to
schedule the mobile clinic,
contact Jennifer Carmack at
jennifer@occmedjackson.com
or 731-984-8400.

Medical care at your doorstep

Physicians Quality Care OCCMed introduced our innovative mobile clinic last year to give area employers the convenience of medical care at their doorstep.

The state-of-art clinic, staffed by a nurse practitioner and medical tech, has the resources to provide a variety of medical care. We encourage you to schedule the mobile clinic on a regular basis.

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@occmedjackson.com | occmedjackson.com

Be a better manager — Leave work at the office

Striking a better work-life balance might make you a more effective manager on the job, according to a new study.

A survey of managers and their employees found that bosses who could shut off after-work emails, calls and job-related stress had greater success guiding underlings to meet work goals.

“We found that when leaders psychologically detached from work when at home — they did not actively think about work-related issues, but instead engaged in activities that allowed them to disconnect and recharge — they felt more energized the next day at work,” said one of the researchers.



Basically, the study found ...

- A good work-home balance is likely to improve a manager's leadership skills.

- Bosses who can detach at the end of the work day feel more energized at work the next day, which makes them more effective.

- Managers who can turn off the job at night are also rated more powerful by their employees.

“In contrast,” the researcher said, “on days when leaders kept ruminating about negative aspects of their work while at home, they felt more drained the next day at work, and were less transformational and powerful.”

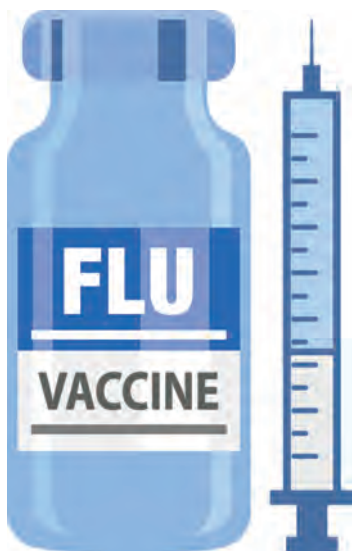
Source: HealthDay News



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



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.

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