



## Your Healthy Workplace

November 2023

### Your employees will welcome a wellness fair after Jan. 1

**A**fter a holiday season of family gatherings and parties with food and drink in abundance, your employees will welcome a health fair after the first of the year.

Health or wellness fairs are a welcome employee benefit that can also help reduce your medical costs.

The best health fairs engage employees in activities, offer health screenings and provide information about health issues.

Physicians Quality Care OCCMed can help you set up your health fair, and we can manage many of the services you'll want at your fair.

This includes general health risk assessments; screenings for cholesterol, blood pressure and cancer; cardiovascular risk assessment; immunizations (including flu shots); any requested laboratory services and tests; and education and training sessions.

In compliance with HIPAA and privacy regulations, we can then compile your employees' health information into a generalized corporate health report to allow

you to identify and manage health problems within your organization.

#### Let's get started

Planning ahead will make your event more successful.

- Contact Jennifer Carmack, OCCMed Director, at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) or 731-984-8400 to get started.
- Ask employees ahead of time to find out what they would like to see at their health fair.

#### Engage employees

Here are some ideas to make your fair an event employees won't want to miss.

- Healthy cooking demonstrations, complete with recipes and taste testing.
- Vendors that offer giveaways along with that health information or screening.
- Incentives and prizes to encourage walking and other forms of exercise.



■ Activities, such as massages, how to install child car seats, a CPR class or a demonstration on the proper way to lift heavy objects.

- Find ways to include employee family members.
- Give out goodie bags that include healthy food samples or coupons for a gym membership.
- Include family members.

#### 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  
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## Dust exposure a serious hazard

Exposure to dust in the workplace can be a serious hazard. According to Johns Hopkins Medicine, occupational lung diseases caused by dust are the primary type of occupation-associated illnesses reported in the United States. In addition, studies have shown that dust exposure may be associated with an increased risk for other illnesses.

As an employer, it is important to work towards the safest environment possible for all workers.

Here are some safety tips for reducing employee exposure to dust while at work.

- Provide personal protection equipment (PPE) for employees.

- Become educated about the types of dust employees can come in contact with and the type of mask and/or suit that should be worn.

- Provide well-ventilated work areas.

- Include dust exposure in supervisor and employee safety training.

- Encourage employees to report any respiratory symptoms they experience while at work to their supervisor.



- Offer smoking-cessation classes and encourage employees not to smoke.

- Invest in proper safety, filtering and ventilation equipment.

Source: HealthDay News



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Physicians Quality Care OCCMed provides occupational medicine services to West Tennessee's industrial base • [occmedjackson.com](http://occmedjackson.com)

## OCCMed Jackson is on the move

Physicians Quality Care OCCMed is equipped to bring medical services to your employee parking lot.

Our self-contained, state-of-the-art mobile clinic can provide a wide range of medical care, including pre-employment and DOT physicals, sick visits, and immunizations. It is staffed with a nurse practitioner and medical assistant.

Our mobile  
audiometry

bus is ready to provide your OSHA-required hearing conservation tests. CAOHC-certified Occupational Hearing Conservationists conduct all tests and are supervised by a medical doctor.

Both the mobile clinic and audiometry bus offer employers a convenient and cost-effective way to provide medical services.

To schedule the mobile clinic or the audio bus at your workplace, contact OCCMed Director Jennifer Carmack at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) or 731-984-8400.



## 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