



# Your Healthy Workplace

October 2023

## Flu season is here ...

... so don't wait any longer to offer flu vaccinations to your employees.

We can do the flu shots at your place or in our clinics.

An annual flu shot is the best way to reduce the risk of your employees getting the flu and spreading it throughout your workplace and to their families. It also helps prevent lost work time and increased medical costs.

Contact us at 731-984-8400 or [jennifer@occmedjackson.com](mailto:jennifer@occmedjackson.com) to schedule your shots.



## Mobile clinic

Our self-contained, state-of-the-art mobile clinic has the equipment and resources to provide a wide range of medical care. It is staffed with a nurse practitioner and medical assistant. Contact Jennifer Carmack, OCCMed Director, at [jennifer@occmedjackson.com](mailto:jennifer@occmedjackson.com) or 731-984-8400.



## DOT physicals help your drivers hit the road safely

There's no need to turn your DOT physicals into a logistical nightmare. Just call Physicians Quality Care OCCMed and we'll handle those logistics to suit your schedule.

The Department of Transportation requires drivers of commercial vehicles to get a DOT physical every two years — or more often if the driver's health warrants it.

Our DOT physicals follow a plan laid out by the Federal Motor Carrier Safety Administration (FMCSA). The purpose is to ensure that each driver can handle the long hours, schedules and stress caused by the demands of professional driving.

During a DOT physical, our FMCSA-certified medical examiners will test for ...

- ▶ Vision disorders: Drivers are required to have good peripheral vision and at least 20/40 acuity in each eye with or without correction.

- ▶ Hearing disorders: Drivers must be able to perceive what is known as a "forced whisper" at a distance of five feet or less.

- ▶ High or low blood pressure.

- ▶ Urinalysis to check for underlying conditions, such as diabetes, and to do a drug screen.

- ▶ Physical examination to check for disabilities and lung, vascular and neurological disorders.



## OCCMed Jackson can help ...

- ▶ We offer DOT physicals at our clinic or at your worksite with a minimum of five physicals.
- ▶ We'll set up the physicals to suit your schedule; fill out all of the necessary paperwork, including certificates of health for each driver; and, if we do the physicals at your site, get the results back to you the same day.
- ▶ It's that easy. Just email OCCMed Director Jennifer Carmack at [jennifer@occmedjackson.com](mailto:jennifer@occmedjackson.com) or call her at 731-984-8400.
- ▶ Meanwhile, if you need more than DOT physicals for your employees, consider scheduling our state-of-the-art mobile clinic. Learn more at [occmedjackson.com](http://occmedjackson.com).

## 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](mailto:jennifer@occmedjackson.com) | [occmedjackson.com](http://occmedjackson.com)

# Job frustrations can be a heartbreaker for men

A job that's demanding but less than rewarding may take a big toll on a man's heart health, a new study suggests.

The study of about 6,500 white-collar workers found that men who habitually felt stressed on the job had up to double the risk of developing heart disease as their peers who were more content at work.

In some cases, that stress took the form of "job strain," which meant that workers felt pressure to perform but had little power over how to get their work done.

In other cases, the central problem was

"effort-reward imbalance." Employees felt their diligence was not winning adequate returns — whether through pay, promotion, recognition or a sense of fulfillment.

Men who reported either kind of job stress were about 50% more likely to develop coronary heart disease over the next 18 years, versus men who were happier on the job.

The men who cited both types of job stress had a double risk of heart disease over their peers who reported neither work issue.

There was no similar effect, however, seen among women.

The new study, said a medical officer for the American Heart Association, adds to a pile of evidence that workplaces can, and should, help promote good heart health.

*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)

## Poor lifting technique = a back injury

Back injuries account for one in five workplace injuries, and 75% of workplace-related back injuries occur during a lifting task, reports OSHA.

Back injuries, a significant source of disability, are expensive for employers — in workers' compensation claims, days away from work, and lost productivity.

### Proper Lifting Techniques

You've heard, "lift with your knees, not with your back." This means you should never bend forward to lift a heavy object. Instead, you should squat, secure the load, and stand by straightening your legs while keeping your back straight or slightly arched.

- ▶ Stand as close to the load as possible.

▶ Plant your feet shoulder-width apart with one foot slightly ahead of the other.

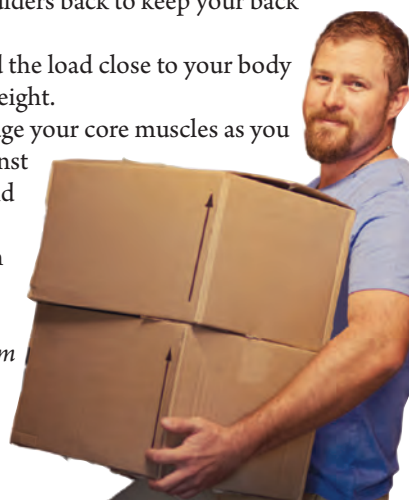
▶ Bend at the hips and knees only until you're deep in a squatting position.

▶ Keep your head up and straight with your shoulders back to keep your back straight.

▶ Hold the load close to your body at waist height.

▶ Engage your core muscles as you push against the ground and straighten your legs.

*Source:  
OSHA.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