



Your Healthy Workplace

December 2024

ARE YOUR DRIVERS READY FOR THAT IMPORTANT JOB?

Physicians Quality Care OCCMed makes it easy for you to get required Department of Transportation (DOT) physicals for your drivers—even the special ones.

We can schedule physicals at your location or at one of our clinics.

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 get the results back to you the same day if we do the physicals at your site.

DOT physicals follow a plan laid out by the Federal Motor Carrier Safety Administration (FMCSA). With the public's and driver's safety in mind, the DOT physical is referred to as a "medical fitness for duty" examination, which ensures that each driver can handle the long hours, tough schedules and stress caused by the demands of professional driving.

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

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

■ **Vision disorders:** Drivers are required to have at least 20/40 acuity in each eye with or without correction. They are also required to have good peripheral vision.



■ **Hearing disorders:** Drivers must be able to perceive what is known as a "forced whisper" at a distance of five feet or less, with or without a hearing aid. This standard equates to an average hearing loss in the better ear of less than 40 dB.

■ **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.

DOT Physicals

Contact OCCMed Director Jennifer Carmack now to schedule DOT physicals. You can reach her at 731-984-8400 or jennifer@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 | occmedjackson.com

Flu vaccine protects your employees from getting sick

Flu activity is likely to increase soon as people attend more holiday events and gatherings.

Physicians Quality Care OCCMed is still offering flu shots for your employees. Flu season typically peaks over the next two months.

Though the vaccine doesn't offer complete protection, it still prevents millions of people from getting sick, lessens the amount of sick time and the severity of the flu's effects, and prevents thousands of deaths each year. You'll also lessen loss work time and medical costs when employees get the flu shot.

According to the University of Kentucky HealthCare, the flu shot of-



fers individuals a solid layer of protection. You may still get the flu, but you won't get as sick, and you'll be less likely to end up in the hospital.

The CDC rec-

ommends everyone 6 months and older get this year's flu vaccine.

We can schedule the flu shots at your convenience at your work site or at our clinics in Jackson and Milan.

Call or email OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@occmedjackson.com.



Physicians Quality Care
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Address Service Requested

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

Happy Holidays!

Physicians Quality Care
OCCMed will be closed
Wednesday, Dec. 25, for
Christmas and Wednesday,
Jan. 1, for New Year's Day.
We'll also close at 3 p.m.
Christmas Eve.



Do you indulge over the holidays? You're not alone!

Holiday festivities give rise to quite a few unhealthy habits, a survey has found.

Two-thirds of people say they overindulge in food during the holidays, and nearly half said they take a break from exercise, according to a new survey from Ohio State University's Wexner Medical Center.

Meanwhile, a third admit they drink more alcohol during the holidays, and more than half report feeling tired and having less time for themselves.

Folks need to stick to their normal routine as much as possible to avoid starting unhealthy habits, a press release from the medical center said.

So, maintain a good diet by eating a high-protein, low-carb meal during the day. Avoid sampling all of those desserts. Exercise. And, keep your normal sleep schedule.

Source: *HealthDay News*

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