



# Your Healthy Workplace

February 2024

## OCCUPATIONAL HEALTH NEEDS?

**We deliver at your worksite!**

Physicians Quality Care OCCMed makes it easy and economical for you to help employees be healthy and to meet regulatory requirements.

### MOBILE CLINIC

We are the only occupational medicine provider with a mobile clinic that you can schedule at your worksite. Drug tests, flu shots, physicals, fit for duty testing and more — in a staffed and state-of-the art clinic that drives up to your doorstep.

### AUDIO BUS

We can do all of your hearing tests on your schedule.

### AND MORE

On-site clinics, health fairs, safety programs, and more.

Contact Jennifer Carmack  
at 731-984-8400 or  
[jennifer@occmedjackson.com](mailto:jennifer@occmedjackson.com).

## Kindness, love needed in the workplace

In a month that features both Valentine's Day and Random Acts of Kindness Day, you may wonder if love and kindness have a place in the workplace.

Organizational experts say "yes." Both contribute not only to employee well-being, but also to a positive culture, lower turnover and higher productivity.

Valentine's Day is all about romance, but there are many other forms of love that are equally, if not more, important in our lives.

### ■ The sure cure for burnout

Research shows that love is an antidote to employee burnout. According to the pollster Gallup, as organizations

strategically focus on preventing burnout at work, they should make well-being a part of their culture.

They should do whatever they can to support employees in having healthy relationships both within and outside the workplace.

### ■ Love drives us to perform

A 2014 study reported in the Harvard Business Review said that employees who perceive greater

affection and caring from their colleagues perform better.

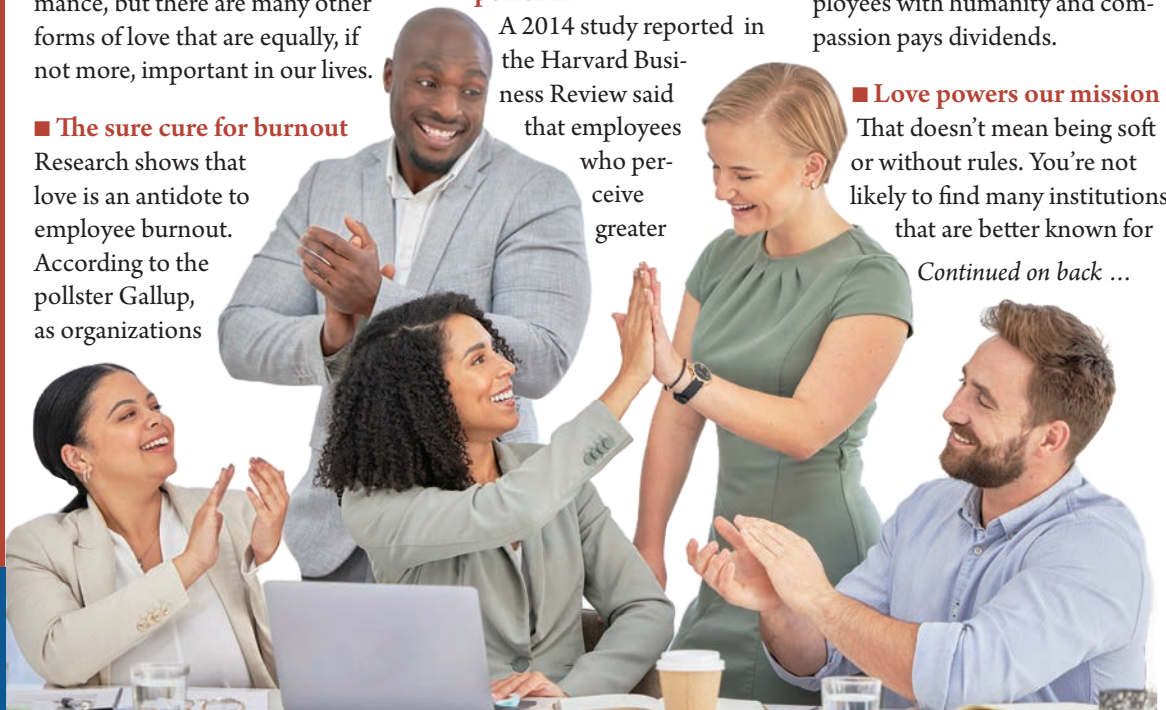
People who work in a culture where they feel free to express affection, tenderness, caring and compassion for one another are more satisfied with their jobs, committed to the organization, and accountable for their performance.

In other words, treating employees with humanity and compassion pays dividends.

### ■ Love powers our mission

That doesn't mean being soft or without rules. You're not likely to find many institutions that are better known for

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# The air we breathe at work makes some of us sick

**W**hether it's indoors or outdoors, air in the work environment can expose employees to irritants and allergens that may be different from those they encounter at home.

Pollutants include industrial or wood dusts, chemical fumes, solvents, pests, molds, secondhand smoke, vehicle exhaust and ozone.

One in 12 adults has asthma, and 21.5 percent of working adults with asthma find that their asthma is worse from exposures at work.

Employers are responsible for providing safe work conditions, including healthy air. Although many laws have been passed to

protect workers, problems with air quality on the job are often overlooked.

## Improving indoor air quality ...

- ▶ Regular cleaning and maintenance of HVAC systems, carpets, upholstery and other surfaces can help to reduce the buildup of dust, mold and other pollutants.
- ▶ Proper ventilation and filtration systems.
- ▶ Use of air-purifying technologies.
- ▶ Reducing indoor air pollution sources.
- ▶ Increasing ventilation.

The benefits of improving air quality include better health, increased comfort, improved

## We can help!

Contact OCCMed Director Jennifer Carmack at [jennifer@occmedjackson.com](mailto:jennifer@occmedjackson.com) or 731-784-8400 to schedule an assessment of your indoor air quality. We can also set up pulmonary function tests for employees at your workplace or in our clinic.

energy efficiency and reduced energy costs. Ongoing monitoring and improvement efforts are also essential in ensuring that air quality remains acceptable. *Source: OSHA*



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# Kindness, love in the workplace

*Continued from front ...*

toughness and rules than the U.S. Marines.

A recent podcast tells this story: A Marine was asked, 'what makes the Marines so good?' His answer was, "Love – love of country, love of corps, love of your fellow Marine." Love gives a purpose, whereas individualism does not have a purpose beyond oneself.

Another researcher says that love is the accelerator to meaning and purpose. Goals and missions are common in business, but empathy adds a new dimension.

■ **And where there is love:**  
There's kindness. A surprise

act of kindness can be incredibly uplifting.

The Dalai Lama says, "Be kind whenever possible. It's always possible."

One study reported in the Harvard Business Review found that acts of courtesy, helping and praise were predictive of productivity, efficiency and lower turnover rates. The study involved 3,500 business units with more than 50,000 individuals.

## ■ Pass it on

Love breeds kindness, and kindness breeds happiness. And for that matter, who doesn't want love and kindness in their lives?

*Source: beqom.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