



PHYSICIANS QUALITY CARE

Your Healthy Workplace

OCTOBER 29, 2025

Oh, my aching back, wrist, shoulder ...

Musculoskeletal disorders (MSDs), such as back pain and carpal tunnel, are the most common workplace injuries.

They include strains and sprains that affect bones, joints, muscles and connective tissues and often result in pain and loss of function. They can result from factors like repetitive motions, awkward postures and heavy lifting.

These disorders are disabling and costly, impacting health care coverage expenses and loss work time.

For example, the National Safety Council estimates that employees who carry high physical loads miss 140 weeks of work over a 40-year career because of back pain.

Work-related MSDs can be prevented. One way to substantially reduce them is through ergonomics, which fits the job to the person. Here are some suggestions ...

■ **Identify Problems:** An important first step is to identify and assess ergonomic problems in the workplace before they result in MSDs.

■ **Involve Workers:** A participatory ergonomic approach, where workers are directly involved in worksite assessments,



We can help!

Physicians Quality Care OCCMed can identify areas in your work environment that could cause musculoskeletal injuries and provide solutions to prevent them. We can also teach employees how to avoid them, such as how to lift heavy boxes. Give us a call or email. Contact Jennifer Carmack at 731-984-8400 or jennifer@physiciansqualitycare.com.

solution development and implementation, works best.

■ **Provide Training:** For example, teach employees, proper lifting techniques.

■ **Encourage Early Reporting of MSD**

Symptoms: This helps to prevent or reduce the progression of symptoms, the development of serious injuries and subsequent lost-time claims.

■ **Use ergonomic tools:** Select and use tools designed to reduce strain, such as vibration-dampening power tools and proper wrist rests for computer work.

Source: National Safety Council, OSHA

Examples of Musculoskeletal Disorders (MSDs)

Carpal tunnel syndrome

Tendinitis

Rotator cuff injuries

Epicondylitis (affects the elbow)

Trigger finger

Muscle strains & low back injuries



Don't forget to schedule those flu shots

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

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

Schedule your employee flu shots by contacting OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@physiciansqualitycare.com.

Physicians Quality Care OCCMed

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OCCMed Office: 2075 Pleasant Plains Ext., Jackson, TN 38305

Office Hours: 9am–5pm weekdays

On-site Services: 24/7 by arrangement

Clinic Hours: 7am–7pm Mon–Sun (Patients use urgent care clinic after OccMed closes.)

On-site clinic healthy for your bottom line

A medical clinic at your worksite is a simple way to lower the ever-increasing cost of protecting the health of your workforce.

Physicians Quality Care OCCMed will create, stock and staff an on-site clinic to fit your needs. The clinic can treat non-emergency workplace accidents, acute medical problems, and monitor and treat chronic medical conditions, such as high blood pressure.

■ **Staffing:** Whether you want an occasional nurse to provide first aid or a fully staffed clinic, we'll make it happen.

■ **Space:** We can see patients in a clinic that has several rooms or is the size of a supply closet. It's up to you.

■ **Patient charges:** Personnel costs are based on a pre-determined hourly rate. You won't see an extra charge for numbers of patients seen.

■ **Lab work?** Some common tests, such as flu and strep, can be done in your clinic with immediate results. Others that require a reference lab are done at wholesale cost, saving an average of 75 percent over the same test done in a doctor's office.

■ **Lower costs:** You'll own all in-house lab tests, vaccines and nonreusable supplies, greatly reducing your costs.

■ **Flu shots and immunizations:** You buy the vaccine at wholesale and own it. You won't have an additional cost for administration.

Let's get started: Contact Jennifer Carmack at jennifer@physiciansqualitycare.com or 731-984-8400 to learn how you can save on employee healthcare costs.

We speak OSHA! To help you comply with OSHA, we offer ...

- On-site CAOHC-certified audiometry
- DOT, non-DOT & hair follicle drug screening
- Breath- & blood-alcohol testing
- Health fairs
- Strength & agility testing
- NIOSH-approved pulmonary function testing
- DOT, wellness & preemployment 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