

Have a heart!

Be sure employees know how to respond in emergencies

Most people want to respond when a co-worker or customer looks like he or she is having a heart attack, choking on food or injured in an accident. Some just don't know how.

Physicians Quality Care's certified trainers can teach and certify your employees in first aid, CPR and how to use an AED (automated external defibrillator).

Whether you have five or 50 employees who need it, we can customize a training program and teach the classes at a time that suits your schedule.

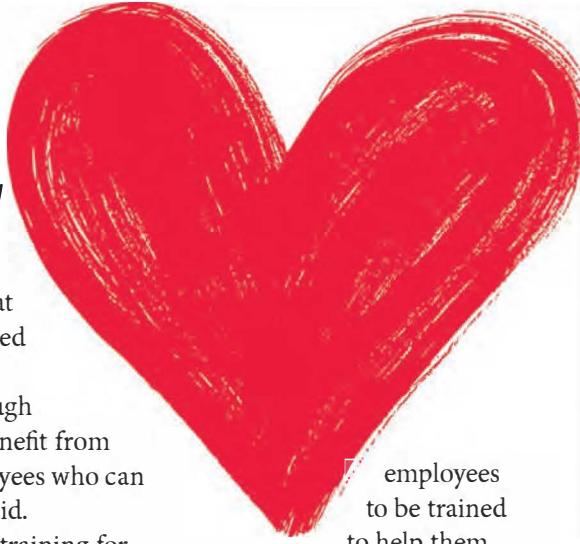
■ Based on your industry, first-aid training may be required by law. Even

businesses that are not required to administer training through OSHA can benefit from having employees who can provide first aid.

■ First-aid training for employees ensures they know how to take immediate action and administer treatment in those crucial few minutes before medical help arrives – which can have a huge impact on the outcome.

■ Customers expect

To schedule classes in First Aid and CPR, contact OCCMed Director Jennifer Hill at 731-984-8400 or jennifer@physiciansqualitycare.com. We'll set them up on your schedule.



employees to be trained to help them.

A business that takes the time and money to properly train its employees in first aid and CPR cares about its customers.

■ Many insurance companies offer premium discounts for businesses that have trained staff in CPR and first aid. Liability insurance can be one of the largest expenses a business faces. The ability to lower this cost while providing a community service is a huge advantage.

Most construction accidents occur at end of shift

Fatigue, distraction, rushed work, and changing conditions can make the last hours of the day the most dangerous on a jobsite.

Physical and mental exhaustion is one of the most significant contributors to accidents at the end of the shift. Hours of lifting, bending, climbing, and operating machinery take a toll on the body. And, as energy levels decline, focus also weakens.

Other factors include rushing to complete tasks and get the worksite ready for the next day, complacency because of repetitive tasks,

daylong wear and tear on equipment, and even more shadows towards the end of the day.

Understanding these risks is the first step to preventing injuries and maintaining a safe workplace. By rotating tasks, maintaining equipment, addressing mental and physical fatigue, and fostering a culture of safety, construction teams can protect workers and reduce accidents.

Source: Occupational Health and Safety



The benefits of an onsite clinic

A medical clinic at your workplace offers many advantages for decreasing the costs of your company's health benefits and improving the health of your employees.

A Physicians Quality Care OCCMed Clinic at your facility can treat non-emergency workplace accidents, acute medical problems, and monitor and treat chronic medical conditions, such as high blood pressure and diabetes.

■ With an onsite clinic, minor accidents can be treated immediately.

■ Immunizations, such as flu shots, will cost less because you'll own the vaccine.

■ Physical exams and drug testing can be done on your schedule.

Your employees will appreciate the convenience of having a clinic down the hallway, while you'll appreciate that your employees won't need to miss a half day of work for a regular doctor visit.

To learn more about developing an onsite Physicians Quality Care OCCMed health clinic, contact OCCMed Director Jennifer Hill at 731-984-8400 or jennifer@physiciansqualitycare.com.

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

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.)