PHYSICIANS QUALITY CARE

Your Healthy Workplace

JULY 9, 2026

Do your employees know the signs and response when coworkers get sick in hot weather?

Most of us have been told how to work in the heat: Drink plenty of fluids. Wear loose and light-weight clothing. Take frequent breaks. Try to work in the cooler hours of the day.

But do we know the signs of heat stroke and heat exhaustion, and, more importantly, what to do if a coworker gets sick?

Heat stroke is the most dangerous. Signs are confusion; dizziness; slurred speech; nausea; hot, red or damp skin; rapid and strong pulse; and losing consciousness.

It's important to call 911 immediately or get the victim to the hospital. While waiting for emergency care, move the person to a cooler environment and reduce the body temperature with cool cloths.

Heat exhaustion shows itself with heavy sweating; weakness and tiredness; pale, clammy skin; fast weak pulse; headache; and fainting. Move the person to a cooler environment; loosen clothing; apply cool, wet clothes; and offer sips of water. If symptoms don't improve, seek medical care.

And, remember, heat-related illness can also occur inside hot buildings.

Source: Centers for Disease Control and Prevention, National Weather Service

We can help

Identifying and knowing what to do with heat-related symptoms should be part of first aid instructions for all employees.

We can teach your classes on first aid, CPR and other safety issues.

You determine the time, date and place, and we'll do the rest.

Contact us at 731-984-8400 or jennifer@physiciansqualitycare.com.

Time to schedule those flu shots

Physicians Quality Care OCCMed is starting to schedule employee flu shots at work sites in September and October.

The CDC recommends the flu shot for everyone six months and older and that people get their flu immunizations in September or October–before flu season typically starts.

The 2026-27 flu vaccine is designed to address expected strains in the flu this upcoming season.

We'll schedule your flu shots at your convenience. Contact us 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, & 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
- EKGs

Physicians Quality Care OCCMed

occmedjackson.com • 731.984.8400 • jennifer@physiciansqualitycare.com
For workers comp issues: whitneywebb@physiciansqualitycare.com

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 our urgent care clinic after OccMed closes.)