

Does your workplace cause hearing problems?

About 22 million workers a year risk damage to their hearing because of a noisy work environment, estimates the National Institute for Safety and Health (NIOSH).

That exposure can result in several hearing-related problems, including tinnitus, which is usually characterized by constant or intermittent ringing in the ears.

In fact, about one out of every 13 workers has tinnitus.

To prevent hearing problems, employers should limit workers' exposure to loud noises and encourage workers to use hearing protection, such as earplugs. And those who use chainsaws and other loud equipment

Physicians Quality Care OCCMed can assess your work environment and suggest ways to limit employee exposure to damaging noise. Contact OCCMed Director Jennifer Hill at 731-984-8400 or jennifer@physiciansqualitycare.com.



should always wear over-the-ear hearing protection.

NIOSH also points out that workers with hearing loss are more likely to get injured on the job. This is because the condition can have negative impacts on their sleeping and concentration.

Source: Safety+Health

Hearing tests at your doorstep

We will test your employees' hearing in our state-of-the-art audio unit. It arrives at your workplace on your schedule.

CAOHC-certified Occupational Hearing Conservationists, supervised by a medical doctor, conduct all tests.

When testing is done, we review the data, adjust for age as required, compare it against baseline and get results to you within 72 hours.

We'll also complete any paperwork needed to



comply with regulations.

We know your bottom line is affected whenever employees take time away

from work; that's why we are happy to schedule your tests any time of day.

We're also local, which makes follow-up tests at our clinic convenient.

Give us a call at 731-984-8400 or email us at 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

Don't underestimate your company's vibes

Most conversations about employee retention focus on salary and benefits.

However, another factor that should be in that conversation is more intangible, a bit harder to describe: your company's vibes.

That's right. You might not be able to adequately describe it, but you certainly can feel it.

If the vibes are off in your workplace, employees won't want to go to work or give the job their best effort. Those personal feelings can contribute to your bottom line in the form of retention, morale, engagement, productivity and safety issues.

The flip side is also true. Employers that prioritize employee well-being and job satisfaction can foster a thriving work environment where everyone feels valued, motivated and recognized.

So, remember to check your attitude if you value keeping your employees.

Source: Albany Engineered Composites

The problem with open-space offices

Workplace bullying is more likely to occur in open-plan office settings than in work environments in which employees have their own offices or share a space with only a few co-workers, a recent study shows.

Many believe the benefits of open floor plans include more efficiency and promote creative interaction among workers.

Those benefits, though, should be weighed against some negatives. The study discovered that these layouts provide greater opportunity for colleagues to notice each other's perceived shortcomings and, as a result, become irritated. This increases the risk of bullying.

Workers in open-plan office spaces also had decreased productivity and were more likely to consider looking elsewhere for a job.

Source: News Medical

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(Patients use our urgent care clinic after OccMed closes.)