



Your Healthy Workplace

April 2024



Workers' Comp Panel

Consider putting Physicians Quality Care OCCMed on your workers' comp panel. Contact Jennifer Carmack, OCCMed director, at 731-784-8400 or jennifer@occmедjackson.com.

A worker gets injured on the job every 7 seconds

That's right; the National Safety Council estimates that an on-the-job injury occurs every seven seconds. The council also reported that work-related, medically consulted injuries totaled 4.53 million in 2022.

Physical Therapy

About 20-25 percent of workers' comp patients will need physical therapy, said Dr. Peter Gardner, PQC Medical Director. He recommends putting PQC Physical Therapy on your company's provider panel because ...

- ▶ PQC physical therapists provide excellent hands-on treatment.
- ▶ With the PT Department in the same building, the patient receives better continuity of care, which results in a faster recovery and a quicker return to work.

If one of your employees gets injured, turn to Physicians Quality Care OCCMed.

We have the experience to expertly steer you through the entire workers' compensation process — from treating the injured employee and determining causation to keeping you informed throughout the process and providing the documentation you need.

We are available to treat workers' comp patients from 7 a.m. to 7 p.m. every day of the week at both our Jackson and Milan locations. Our OCCMed facility at our Jackson location has a separate entrance and waiting area so your employee does not come in contact with sick patients in our urgent care clinic.

You don't need to call ahead or have an appointment. (If you can, though, calling ahead before the employee arrives will help us provide treatment more efficiently.)

Did you know?

The most common on-the-job injuries are ...

- ▶ Slips and falls.
- ▶ Strains, particularly the back or neck.
- ▶ Repetitive use injuries.
- ▶ Cuts.
- ▶ Collisions and crashes.

Your injured employee will leave our OCCMed facility with a doctor's statement.

Our workers' comp nurse will communicate with your safety manager or third party administrator to make sure your employee gets the best care possible.

Our goal is to get your employee back to full duty as soon as possible.

Physicians Quality Care OCCMed
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Office Hours: 9 a.m. - 5 p.m. Monday to Friday
Clinic Hours: 7 a.m. - 7 p.m. weekdays
On-site Services: Available 24/7 by arrangement
jennifer@occmедjackson.com | occmедjackson.com

CPR, First Aid and AED Training

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.

Why train your employees in first aid?

► **It's the law:** 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.

► **Employee safety:** First-aid training for employees ensures that if anyone is injured on the job, immediate action can be taken and treatment can be administered in those crucial few minutes before medical help arrives – which can have a huge impact on the outcome.

► **Customer service and safety:** Customers expect 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.

► **Insurance premiums:** 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.



Physicians Quality Care
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Address Service Requested

Physicians Quality Care OCCMed provides occupational medicine services to West Tennessee's industrial base • occmmedjackson.com

When you ask, we deliver ...

Our renovated audio unit will offer expanded capacity

We're expanding and renovating our state-of-the-art audio unit so that we can conduct more hearing tests at a time.

"We're doing this at the request of our OCCMed clients," said Jennifer Carmack, OCCMed director.

With no extra on-site setup fee, we will be able to do up to 30 hearing tests every hour and take care of your OSHA-required



hearing-conservation training.

All tests are conducted by CAOHC-certified Occupational Hearing Conservationists,

supervised by a medical doctor and use top-of-the-line audiometers.

The new audio unit hits the road around May 1. Schedule it at your worksite by contacting Carmack at 731-984-8400 or jennifer@occmmedjackson.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