



# Your Healthy Workplace

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## OSHA and Active Shooter incidents

**T**he increase in random active shooter incidents makes it harder to create a secure work environment.

With its mandate to ensure worker safety, OSHA recognizes that violence against workers is a growing concern for employers and employees nationwide. OSHA, however, has no specific standards for workplace violence.

The federal safety organization does require in its general duty clause (Section 5(a)(1) of the Occupational Safety and Health Act), that each employer furnish to each of its employees a workplace that is free from recognized hazards that are causing or likely to cause death or serious physical harm.

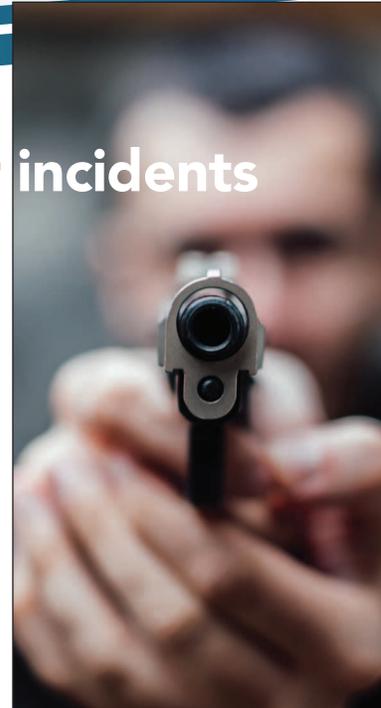
To help employers with this goal, Physicians Quality Care OCCMed offers Active Shooter seminars to ...

▶ Help organizations develop a prevention and response plan if someone with a gun enters a workplace or any building where people are gathered.

▶ Teach people how to control hemorrhagic bleeding to save the life of a victim who has a gunshot wound until he or she receives medical care. (In 20 percent of trauma-related deaths, people die unnecessarily from uncontrolled bleeding.)

OCCMed's seminars are taught by Lt. Chip Holland, a 30-year veteran of law enforcement, and Dr. Melanie Hoppers, a physician certified in tactical medicine.

To schedule a seminar, contact Jennifer Carmack at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).



## Protect employees!

**F**lu season is just ahead. The serious disease can be in full swing by October in the United States.

That's why we're encouraging employers to schedule their flu shots now. An annual seasonal flu vaccine is the best way to reduce your risk of getting sick and spreading it to others. When more people get vaccinated against the flu, less flu can spread through your workplace and our community.

It takes about two weeks after the shot for the flu vaccine to develop antibodies. To schedule your flu shots, contact Jennifer Carmack at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).

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

- ▶ On-site CAOHC-certified audiometry in a 10-person mobile unit
- ▶ DOT, pre-employment & wellness physicals
- ▶ DOT, non-DOT & hair follicle drug screening
- ▶ NIOSH-approved pulmonary function testing
- ▶ Breath- & blood-alcohol testing
- ▶ Respirator-fit testing & respirator medical evaluations
- ▶ Health fairs
- ▶ Heavy-metal testing
- ▶ Strength & agility testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays
- ▶ EKGs

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## Manager support affects time off from work

Employees struggling with depression take less time off from work if they receive support and help from their managers, a new study suggests.

Many people suffer depression at some point during their working lives. But they often don't disclose their condition or seek help because they're afraid of repercussions, researchers say.

New research findings — based on surveys in 15 countries — show the value of active mental health workplace policies, the study authors said.

"Manager reactions to employees with depression can reflect broad cultural and organizational features that directly relate to employee productivity," Sara Evans-Lacko and colleagues concluded.

They analyzed data from a survey of more than 16,000 employees and their managers in the United States, Canada, Brazil, China, Denmark, France, Germany, Great Britain, Italy, Japan, Mexico, Spain, South Africa, South Korea and Turkey. Nearly 3,000 of the workers said they were or had been depressed.

In countries where managers tended to avoid dealing with depression, employees with depression took more days off from work than those in countries where managers were more likely to offer help and support, the findings showed. The study also found that workers with higher levels of education took more time off for depression than those with less education.

*Source: HealthDay*

## We'd like to learn more about you

Dr. Melanie Hoppers, Chief Medical Officer at Physicians Quality Care, is available to walk through your plant or business location to become more familiar with the type of work being done in your location. To set up the visit with Dr. Hoppers contact Jennifer Carmack at 731.984.8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).



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## Heat stroke is preventable

Much of the United States has been sweltering in triple-digit heat at times this summer, but even lower temperatures are dangerous. New research finds that outdoor workers can suffer fatal heat stroke from temperatures that only reach the high 80s.

In fact, six of 14 cases of fatal heat stroke investigated in a new study "occurred when the Heat Index was below 91 degrees Fahrenheit," noted a team led by Dr. Aaron Tustin, from the U.S. Occupational Safety and Health Administration (OSHA).

The Heat Index — often announced on media weather forecasts — is a calculation of heat and humidity that gauges how the combination "feels" to the human body. It also assumes the person is in the shade, wearing a

single layer of light clothing.

Doctors say hydration is crucial for people who must work outside in the heat. Tustin's team offered these tips to stay safe from the heat:

- ▶ Make sure workplace supervisors are trained to recognize the signs of heat stroke, and in first aid to help if it occurs.
- ▶ Designate at worksite heat "monitor" to be mindful of rising temperatures and oversee protective measures.
- ▶ Schedule frequent breaks in shade or air-conditioned spaces to allow workers to cool down, and adjust work schedules to try and avoid the worst conditions.
- ▶ Provide plenty of accessible water or



electrolyte-bearing beverages.

- ▶ Make sure new workers get the protective measures they need to acclimatize to working outdoors in the heat, and be mindful that workers with predisposing risk factors, such as diabetes and heart disease, might need extra precautions.

*Source: HealthDay/U.S. Centers for Disease Control and Prevention*