



# Your Healthy Workplace

A Monthly Newsletter • October 2018



## Pre-shift stretching programs lower injuries

Work-related musculoskeletal disorders and incidents account for more than 30 percent of all nonfatal occupational injury and illness cases each year – and impact employers some \$20 billion a year in direct workers' compensation costs.

These numbers might just be the tip of the iceberg when you also consider an estimate from the Centers for Disease Control and Prevention that by 2020 a quarter of all workers will be 55 or older. It's likely that the percentages of injuries will increase in the coming years.

That's why some organizations are looking for ways to improve their ergonomic



strategies by implementing pre-shift employee stretching and flexibility programs.

Physicians Quality Care physical therapists can assess the specific ergonomics at your workplace to develop

tailor-made, pre-shift programs for your employees and provide on-site job description analyses. After we develop pre-shift stretching and flexibility programs, your employees can easily go through these exercises in five to 10 minutes before they begin work.

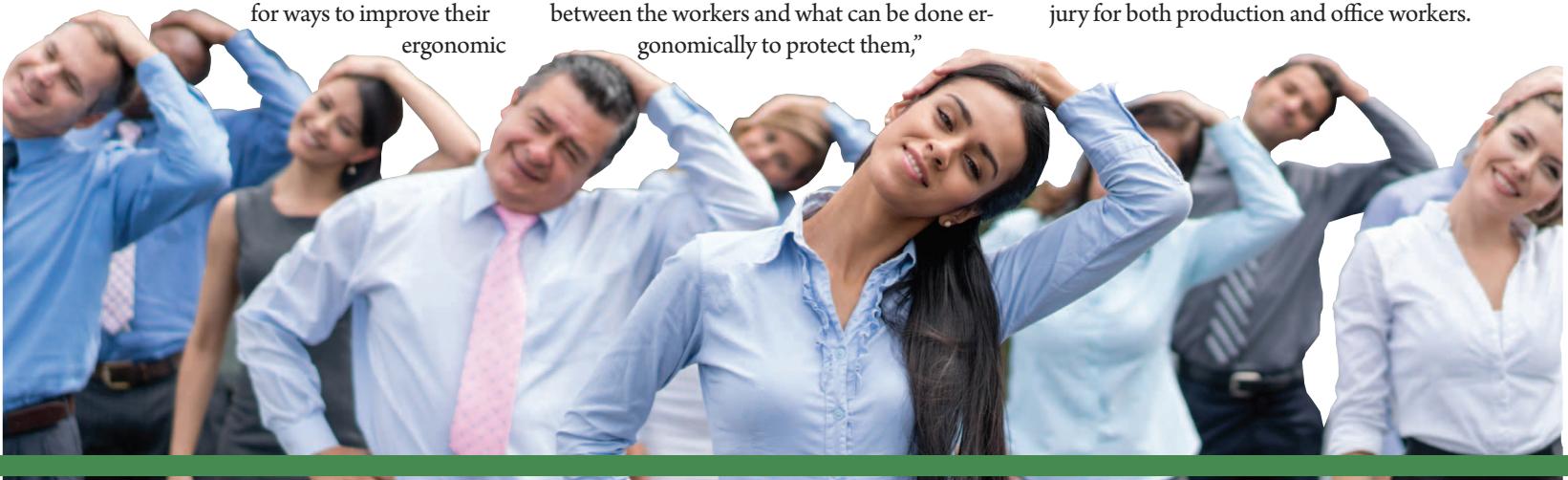
"More companies are seeing value in adding employee stretching programs to help fill the gap between the workers and what can be done ergonomically to protect them,"

said

Christy Sorrell, director of Physicians Quality Care Physical Therapy. These programs not only decrease work injuries, they also decrease your health costs, she said.

"Make no mistake, employee stretching programs are not a substitute for a comprehensive workplace ergonomic program, which would include ergonomic assessments, the necessary adjustments of the work environment to fit the employees, employee training on injury awareness, the importance of early reporting, and a workplace pre-work activity relevant program."

As part of a prevention plan, task-specific, pre-shift stretching and warm-up exercises will help acclimate the body for the demands of the active workday ahead and will help to prevent injury for both production and office workers.



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On-site Services: Available 24/7 by arrangement

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## Physicals easy to schedule

Getting physicals set up for a large group doesn't have to be a logistical challenge. Physicians Quality Care OCCMed makes it easy.

The next time you need to schedule Department of Transportation (DOT) physicals for your drivers, you need only make one phone call or write one email to us. We'll do the rest.

We'll set up the physicals to suit your schedule and fill out all of the necessary paperwork. If our medical examiners come to your place to do the physicals, you'll also get the results the same day.

Our medical examiners are certified by the Federal Motor Carrier Safety Administration.

With the public's and driver's safety in mind,

the DOT physical is referred to as a "medical fitness for duty" examination, which ensures that each driver can handle the long hours, tough schedules and stress caused by the demands of professional driving.

Contact Jennifer Carmack at 731-784-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).



## We speak OSHA!

To help you comply with OSHA, we offer ...

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



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## Flu shots & health fair

Why not make annual employee flu shots part of a workplace health fair?

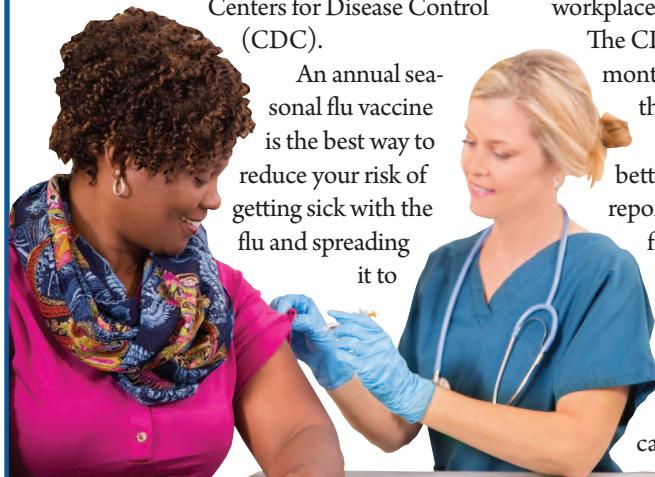
This is a fun way to educate your employees about wellness and to catch potential health problems before they become too serious.

Physicians Quality Care OCCMed will help you plan your health fair, and, when it's over, we'll provide a report within HIPAA guidelines that will allow you to identify and manage health problems within your organization.

Contact Jennifer Carmack at 731.984.8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) today to schedule your flu shots or plan that health fair!

## Getting the flu can be serious

Influenza is a serious disease that can lead to hospitalization and even death, says the U.S. Centers for Disease Control (CDC).



An annual seasonal flu vaccine is the best way to reduce your risk of getting sick with the flu and spreading it to

others. When more people get vaccinated against the flu, less flu can spread through your workplace and our community.

The CDC recommends that every person 6 months of age or older get the flu shot by the end of October.

This year's flu vaccine is updated to better match circulating viruses, the CDC reports. It takes about two weeks for the flu vaccine to develop antibodies.

Each year, millions of people get the flu, hundreds of thousands of people are hospitalized and tens of thousands of people die from flu-related causes. Even healthy people can get very sick and spread the flu to others.