



PHYSICIANS QUALITY CARE

# Your Healthy Workplace

A Monthly Newsletter  
February 2019

## If you need it, we can teach it

Whether it's a class in basic first aid or instruction on how to create a drug-free workplace, our education services can teach your supervisors and employees about a variety of topics. In other words, if you need it, we can teach it. And, we'll teach it at your work site on your schedule.

"Companies that invest in the health, well-being and safety of their employees are giving an important message that they care about employ-

ees," said Dr. Melanie Hoppers, Chief Medical Officer at Physicians Quality Care. She outlined some of the classes available ...

### AEDs, CPR and First Aid

Some industries are required by OSHA to offer first-aid training, but all businesses will benefit when employees know how to offer first aid, do cardio-pulmonary resuscitation or use an AED (automated external defibrillator).

This training ensures that in a medical emergency, immediate action can be taken in those crucial minutes before medical help arrives, Dr. Hoppers said.

Many insurance companies offer premium discounts for businesses that have staff certified in CPR and first aid.

Physicians Quality Care OCCMed also provides required physician oversight when companies have AEDs in the workplace.

### Classes at your work site

Interested in employee training? Contact Jennifer Carmack, OCCMed Director, at 731.984.8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com). At your request, a physician will lead your training at no extra cost.

### Tennessee Drug-Free Workplace

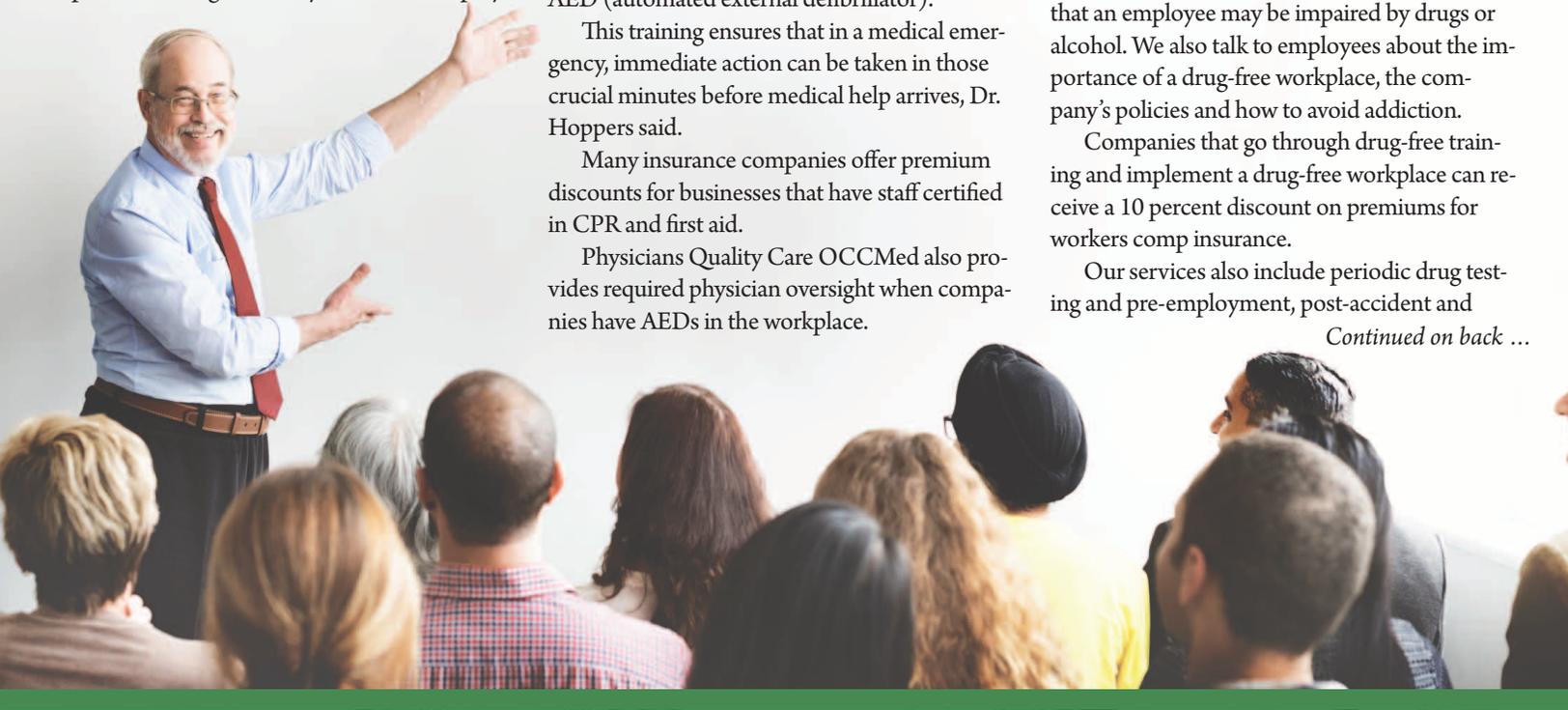
Physicians Quality Care OCCMed is committed to help businesses establish a drug-free workplace through training and certification.

We talk to supervisors about implementing company policies and how to look for the signs that an employee may be impaired by drugs or alcohol. We also talk to employees about the importance of a drug-free workplace, the company's policies and how to avoid addiction.

Companies that go through drug-free training and implement a drug-free workplace can receive a 10 percent discount on premiums for workers comp insurance.

Our services also include periodic drug testing and pre-employment, post-accident and

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### Physicians Quality Care

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On-site Services: Available 24/7 by arrangement

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## Prevent injuries at work

Staying safe on the job means lowering your risks of injury and illness, the U.S. Department of Health and Human Services says. Here are the agency's suggestions for what you can do to stay safer on the job:

- ▶ Lift items using your legs instead of your back.
- ▶ Set up your work area to fit your body.
- ▶ Take short breaks and stretch.
- ▶ Wear protective equipment when needed.
- ▶ Ask about available health resources at work.
- ▶ Get enough sleep.
- ▶ Eat a healthy diet, and keep a healthy weight.
- ▶ Get enough exercise.
- ▶ Do what you can to manage stress.

Source: HealthDay

## Employees who sing together have less stress

It's a novel idea, but joining a choir at work might lower your stress levels while on the job, a new British study suggests.

The study included 58 people who were part of workplace choirs in different organizations. They completed questionnaires that assessed their work-related demands, control and support.

Being part of a workplace choir was associated with lower levels of work-related stress and a feeling of having more support from co-workers, said researchers at the University of Leicester.

Source: HealthDay

## 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
- ▶ DOT, wellness & pre-employment physicals
- ▶ Strength & agility testing
- ▶ NIOSH-approved pulmonary function testing
- ▶ Respirator-fit testing & respirator medical evaluations
- ▶ Heavy-metal testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays & EKGs



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## If you need it, we can teach it!

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reasonable-suspicion drug testing. If an employee is injured on the job and then tests positive for drugs or alcohol, the company does not have to pay workers comp premium on the injury.

### Bloodborne Pathogens

To protect your employees and meet OSHA compliance, we offer training and certification about bloodborne pathogens. It's important for employees to know the health hazards from exposure to blood and other infectious materials and to know how to reduce their risk.



### Active Shooter

This seminar teaches supervisors and employees what to do during the three to five minutes it takes for law enforcement to arrive. The training is taught by Lt. Chip Holland and Dr. Hoppers to help organizations develop a prevention and response plan if someone with a gun enters any building where people are gathered.

Lt. Holland, a 30-year veteran of law enforcement, has extensive experience as an entry team tactical unit member and has taught ac-

For more info ... Contact Jennifer Carmack at

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tive shooter training at the Tennessee Law Enforcement Academy. Dr. Hoppers, who is board certified in internal medicine and pediatrics, has over 150 hours of tactical medicine training and is certified by the International School of Tactical Medicine whose clients include the FBI, DEA, ATF and many others.

### Hemorrhage Control

Often coupled with our Active-Shooter Training, our classes in hemorrhage control teach people how to control excessive bleeding to save the life of a victim who has been severely injured until he or she receives medical care.