



# Your Healthy Workplace

A Monthly Newsletter  
March 2019

## We make DOT physicals easy

Getting physicals set up for a large group doesn't have to be a logistical challenge. The next time you need to

schedule Department of Transportation (DOT) physicals for your drivers, you need only make one contact to Physicians Quality Care OCCMED.

We'll do the rest. We'll set up the physicals to suit your schedule; fill out all of the necessary paperwork, including certificates of health for each driver; and get the results back to you the same day when we do the physicals at your site.

DOT physicals follow a plan laid out by the Federal Motor Carrier Safety Administration (FMCSA). 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.

The U.S. Department of

### Need to set up DOT physicals at your workplace?

Contact Jennifer Carmack, OCCMed Director, at 731.984.8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).

Transportation requires that drivers of commercial vehicles get a DOT physical every two years – or more often if the driver's health

warrants it.

During a DOT physical, our FMCSA-certified medical examiners will test for ...

- ▶ Vision disorders
- ▶ Hearing disorders
- ▶ High or low blood pressure
- ▶ Urinalysis (including a drug screening).
- ▶ Physical examination to check for disabilities and lung, vascular and neurological disorders.



*When are you too sick to go to work?*

Even if you think you can go to work when you have a cold or flu, you need to think about others, an infectious disease expert says.

"I see a lot of patients whose jobs and stress make them feel torn between staying home and going in when they're sick," said Dr. Robin Wigmore, an infectious disease specialist at a Boston hospital.

"But viral infections like the common cold and flu are contagious. It's important to consider your co-workers' health as well," Wigmore added.

To make an informed decision, first

*Continued on back ...*

### Physicians Quality Care

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# Take a stand against sitting at work

We know that the amount of sitting Americans do is now considered a health threat. Researchers estimate that the average adult spends more than eight hours a day being sedentary, and it's not just all that time spent in front of the TV.

The combination of too much sitting and too little exercise can set the stage for obesity and chronic conditions. It may also lead to premature death, according to research. The study suggests that it's better to get in 60 or more minutes of activity daily.

But that doesn't mean you have to double the length of your workouts. In fact, it's better

to reach your goal with small chunks of movement throughout the day.

*Here are some ideas you can do at work:*

- ▶ Use a standing desk periodically or simply buy an inexpensive gadget to raise your monitor and stand up.
- ▶ Walk during every break.
- ▶ Walk in place when you are on the phone.
- ▶ Stand to do upper body stretches twice a day.
- ▶ Devise your own mix of mini-workouts, and remember that it takes just three minutes of light activity during each of your waking hours to make a difference.

*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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## When are you too sick to go to work?

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consider how long you've been feeling ill.

"You are most contagious in the first 48 hours of a viral illness," Wigmore explained. "This is often even before you begin feeling symptoms."

This means you should consider staying at home to avoid spreading your illness and to allow you to rest, stay hydrated and take care of yourself.

Ask yourself if your symptoms are contagious. Viruses can be passed through the air by coughing or sneezing, and some cold and flu germs can survive on surfaces such as countertops, doorknobs and phones for up to 24 hours.

"As a general rule, if you have a wet cough,

a runny nose, fevers or aches, you should probably stay at home," Wigmore advised.

If you have a runny nose without aches or fever, you may be suffering from allergies. A dry, "clear your throat" type of cough or tickle may also be allergies or irritation. In that case, it's likely OK to go to work, she said.

"But if your runny nose is accompanied with thick, yellow or green mucus, this is an indication that your body is fighting off an illness," Wigmore noted. "In this case, stay home."

You should also stay home and seek medical

Physicians Quality Care is open 7 a.m. to 11 p.m. every day. Walk-ins are welcome, or you can visit [physiciansqualitycare.com](http://physiciansqualitycare.com) to check in and let us know when to expect you.

attention if ...

▶ Your throat hurts and you have aches, including headache, and/or you see white patches on your tonsils. This could be strep

throat.

▶ Your temperature is higher than 100.4 degrees. That's a strong sign of infection — and maybe the flu.

▶ You have nasal congestion with sinus or facial pain. This indicates a sinus infection. Sinus infections can be viral or bacterial. Viral sinus infections are often contagious.

*Source: HealthDay*