



Your Healthy Workplace

September 2020

Getting flu vaccine important

This is not the year to put it off

Flu vaccinations will be even more important this upcoming flu season, says the U.S. Centers for Disease Control and Prevention.

"This fall, nothing can be more important than to try to increase the American public's decision to embrace the flu vaccine with confidence," CDC Director Robert R. Redfield has said. "This is a critical year for us to try to take flu as much off the table as we can."

Getting a flu shot this year "will save lives," he added, because it will help reduce the overall impact of respiratory illnesses on the population and thus lessen the resulting burden on the health care system.

The CDC recommends an annual flu vaccination for everyone 6 months of age and older, with rare exceptions, because it is an effective way to decrease flu illnesses, hospitalizations and deaths.

Influenza is one of the top 10 leading causes of death in the United States annually. From October 2019 to April 4, 2020, the CDC estimates there were as many as 56 million flu illnesses, 740,000

hospitalizations and up to 62,000 deaths from the flu.

Still, some people put off getting the flu shot or say it doesn't work.

It is true that the flu is difficult to pinpoint with a precise vaccine that will prevent it. The recurring mutations of the influenza virus make it impossible to vaccinate against every strain of the flu.

Each year, as the flu strain changes, scientists use their best guess as to what the upcoming flu strain will look like as they develop that year's vaccine.

Offering flu shots at your workplace results in several benefits: Employees have a convenient way to get their flu shot. Fewer employees will get the flu and have to take time off from work.

If an employee gets the flu after getting a flu shot, the flu vaccine can lessen symptoms and the severity of the illness, and a flu shot can reduce the risk of a flu-associated hospitalization.

Source: CDC, USA Today

Protect employees by offering flu shots

Physicians Quality Care OCCMed is scheduling employee flu shots. As always, we'll be happy to schedule those shots at your place at your convenience.

Flu shots are the best way to protect employees from getting sick and missing work because of the flu.

Contact Jennifer Carmack at 731-984-8400 or jennifer@physiciansqualitycare.com.



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OCCMed expansion improves patient experience

Employees who come to our OCCMed Clinic in Jackson are being treated in our recently expanded clinic. We've added 4,200 square feet of space to the north side of our primary care clinic in Jackson.

OCCMed patients have their own entrance, waiting area and dedicated exam

rooms. The new addition gives us the space to treat patients more efficiently.

The OCCMed Clinic in Jackson is open 7 a.m. to 9 p.m. Monday to Friday. OCCMed patients are treated after hours until 11 p.m. and on weekends from 7 a.m. to 11 p.m. at the urgent care clinics in Jackson and Milan.

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
- ▶ EKGs



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What jobs are toughest on the knees?

Joint replacements for knee osteoarthritis are becoming more common, and now researchers have identified jobs that are the hardest on the knees.

Based on a review of 71 studies that included nearly one million workers, the riskiest occupations include agriculture, construction, mining, service jobs and housekeeping. Jobs that demand excessive kneeling, squatting, standing, lifting and climbing stairs all increase your odds.

Researchers found:

- Carpenters, bricklayers and floor

installers have roughly three times the risk for knee osteoarthritis, compared with sedentary workers.

- Farm workers, builders, construction workers and those doing housekeeping tasks also carry higher risks.



“Knee osteoarthritis is a leading cause of loss of work and disability worldwide and can necessitate invasive surgery, including total knee replacement, so preventing occupational hazards is critical,” one researcher said.

Osteoarthritis develops as cartilage deteriorates and

bone comes into contact with bone, causing pain and swelling, and limiting function, which affects lifestyle. One of the biggest risk factors is being overweight.

The best way to prevent osteoarthritis is to exercise and eat well. Stretching exercises will also help keep joints limber.

Employers can help by providing physical therapy and teaching workers how to do their jobs with less stress on their knees, researchers said.

Source: HealthDay

Physicians Quality Care physical therapists can assess the specific ergonomics at your workplace to develop tailor-made, pre-shift programs for your employees. Your employees then can easily go through the pre-shift stretching and exercises in five to 10 minutes before they begin work. For more information, contact us at 731-984-8400 or jennifer@physiciansqualitycare.com.