



Your Healthy Workplace

January-February 2022



For all of your occupational medicine needs, we deliver ...

- ▶ Flu shots for the office staff at 2 p.m. ✓
- ▶ Scheduled DOT physicals at the OCCMed clinic. ✓
- ▶ Audiograms at your workplace for all three shifts. ✓
- ▶ Questions about OSHA requirements. ✓
- ▶ Tennessee Drug Free workplace training onsite at 6 a.m. ✓

Whether it's physicals done at your worksite or physical therapy at our clinic, we have the solutions that will help keep your employees healthy and on the job, and help your company save money on health care costs.

For all of your occupational medicine needs, contact OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@physiciansqualitycare.com.

Physicians Quality Care OCCMed, with its team of highly trained physicians, nurses and certified testing personnel, continues to set new standards in providing complete Occupational Medicine services to the area's industrial base.

OCCMed Clinic

We can treat muscle strains, lacerations, broken bones and almost any other non-life-threatening medical problem at our clinic in Jackson. Then we'll communicate all pertinent information to your designated representative in real-time, while your employee is still in our office. We'll follow up with a detailed written report by fax or email, usually the same day.

Our clinic has a designated area for our OCCMed patients.

We also understand the regulatory maze your business faces and the difficulty of staying compliant. Our professionals can coordinate all your testing and educational requirements.



Services at Your Worksite

From audiograms and pulmonary function tests to flu shots and DOT physicals, our mobile unit can perform most testing and teaching services at your jobsite with minimal inconvenience to your employees and little disruption to your schedule. We need a minimum of five employees to set up a visit. Of course, all our programs can be customized to meet your company's individual needs.



A Mobile Clinic

We are the only occupational medicine provider with a state-of-the-art mobile clinic that will come to your workplace to provide primary care, immunizations (including flu shots), health screenings and other medical needs on a scheduled basis.

Our new mobile clinic rolls out of our parking lot in the next few weeks.

Here's the bottom line. A trusted and knowledgeable occupational medicine partner will help your company's bottom line with lower medical costs and fewer lost work days. Your employees will have the tools they need to be healthier.

Simply put, when it involves your occupational medicine needs, we deliver. ✓✓✓



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Office Hours: 9 a.m. - 5 p.m. Monday to Friday
 Clinic Hours: 7 a.m. - 7 p.m. weekdays; 9 a.m. - 2p.m.
 Saturdays On-site Services: Available 24/7 by arrangement
jennifer@physiciansqualitycare.com | occmcdjackson.com

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 and EKGs

COUGHS, COLDS & THE FLU

Patients are overwhelming West Tennessee clinics with cases of colds, flu and other respiratory illnesses.

That's why we are here – to treat and diagnose patients so they can get better and return to work and other normal activities as quickly as possible.

People who have had this year's

flu vaccine will get a milder case of the flu and they will less likely be hospitalized.

Meanwhile, you can prevent the spread of these illnesses at your workplace by encouraging employees to stay home if

they get sick, to wash their hands frequently, to cough into their folded elbow and to get a flu shot.

FLU SHOTS

We're still scheduling flu shots at your location or ours. Contact Jennifer Carmack at 731-784-8400 or jennifer@physiciansqualitycare.com.



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Address Service Requested

Physicians Quality Care OCCMed provides occupational medicine services to West Tennessee's industrial base • occmcdjackson.com

Employee burnout is real – and should be addressed

Burnout is a hot topic in today's environment. Surveys and studies are surfacing that report widespread burnout across multiple industries and professions.

Dr. Marnie Loomis, ND, a naturopathic physician and co-author of the book "Save Yourself from Burnout: A System to Get Your Life Back," says that because burnout impacts workplace safety and health so acutely, safety professionals and others in similar positions are well positioned to help their organizations identify risk factors for burnout and advocate for the well-being of employees.

Loomis described these symptoms for burnout: The feelings of energy depletion or exhaustion, increased mental distance from one's job, feeling negative or cynical toward

one's career, and reduced professional productivity. And, she added, there's a strong environmental aspect that is contributing to this disproportionately high level of stress on a person's body.

A July 2018 Gallup poll identified several factors that were most highly correlated with burnout: Unfair treatment at work. Unmanageable workload. Lack of role clarity. Lack of communication.

A 2010 study points out that to avoid incidents, injuries and adverse events, employers must create conditions in which workers can thrive. Employers who see that teams may be experiencing burnout can do several things ...

▶ Make sure the overall workload is not too much.

▶ Make sure that there's alignment between what the managers think their employees have control over and what the employees think.

▶ Create a sense of community within the workplace and encourage employees to have a sense of community in their own personal life. That means working in teams where possible and making sure workers have the time to take care of the things that they need to take care of at home.

▶ Reward people for their efforts.

▶ Make sure people are treated fairly across the organization.

▶ Make sure the organization has a sense of values and is working in a way that reflects those values.

Source: American Society of Safety Professionals