



# Your Healthy Workplace

March 2022

## We deliver ... DOT physicals

**W**hen you need DOT physicals for your drivers, call us first. Our DOT-certified medical examiners will come to your location on your schedule to do the physicals for a minimum of five employees.

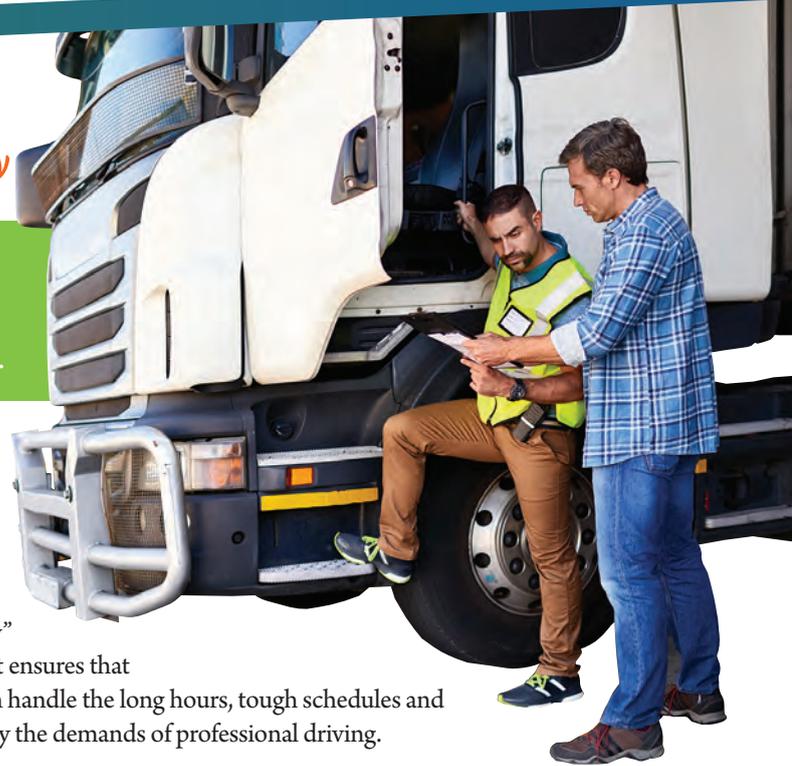
**Schedule your DOT Physicals:**  
Contact OCCMed Director Jennifer Carmack at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).

We then fill out all of the necessary paperwork, including certificates of health for each driver, and get the results back to you the same day.

Or, we can schedule your DOT physicals at our OCCMed Clinic in Jackson — and still do the paperwork quickly.

DOT physicals follow a plan laid out by the Federal Motor Carrier Safety Administration. The U.S. Department of Transportation requires that drivers of commercial vehicles get a DOT physical every two years — or more often if the driver's health warrants it.

With safety in mind, the DOT physical is referred to as a “medical fitness for duty” examination. It ensures that each driver can handle the long hours, tough schedules and stress caused by the demands of professional driving.



## What's big, white, on wheels, and loaded with state-of-the-art audio equipment? Our new mobile audiometry bus!

**W**ith no extra on-site setup fee, we can take care of your OSHA-required hearing conservation tests inside our new mobile audiometry bus. We can test 10 employees at a time, with each test taking about 25 minutes.

All tests are conducted by CAOHC-certified Occupational Hearing

Conservationists and are supervised by a medical doctor. Our calibrated sound-level meter assures that ambient noise will not interfere with your hearing tests.

To schedule the audio bus at your workplace, contact OCCMed Director Jennifer Carmack at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).



**Physicians Quality Care OCCMed**  
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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](mailto:jennifer@physiciansqualitycare.com) | [occmmedjackson.com](http://occmmedjackson.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



## Our mobile clinic is coming soon

We're finishing up preparations for our new mobile clinic. While at your worksite, the clinic's doctors and nurses can provide drug screenings, pre-employment physicals, urgent care, flu shots and other services.

The mobile clinic, with the latest equipment and supplies, will operate on a schedule, visiting worksites on whatever frequency works best for a particular employer.

Contact us at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) to get on the clinic's schedule.



**Physicians Quality Care**  
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*Address Service Requested*

Physicians Quality Care OCCMed provides occupational medicine services to West Tennessee's industrial base • [occmcdjackson.com](http://occmcdjackson.com)

## Workers bring toxic metals home

Construction workers may bring home more than the bacon — they may also be exposing their families to toxic metals, a new study reveals.

Toxic contaminants unintentionally brought from the workplace into the home are a public health hazard, but the majority of research to date has focused on problems related to lead. Much less is known about take-home exposures to other harmful metals.

To learn more, researchers collected and analyzed dust samples from the homes of construction, janitorial and auto repair workers. Construction workers had higher levels of lead, arsenic, chromium, copper, manganese, nickel and tin dust in their homes than janitorial and

auto repair workers.

"Many professions are exposed to toxic metals at work, but construction workers have a more difficult job implementing safe practices when leaving the worksite because of the type of transient outdoor environments where they work, and the lack of training on these topics," the researchers said.

They also found that higher concentrations of toxic metals in the home were associated with lower education; not having a work locker to store clothes; mixing work and personal items, and not having a place to launder clothes. Not washing hands and not changing clothes after work were also tied to higher metal concentrations. *Source: HealthDay News*

