



Your Healthy Workplace

May 2024

Our renovated audio unit offers increased capacity

Our expanded and renovated audio unit means we can get more hearing tests done at a time, and have less interruption on your work production.



We also can help identify places at your worksite that have dangerous noise levels so you can safeguard

employees with proper hearing protection.

“We’ve increased the capacity of the audio unit at the request of our OCCMed clients,” said Jennifer Carmack, OCCMed director.

With no extra on-site setup fee, we can do up to 30 hearing tests every hour and take care of your OSHA-required hearing-conservation training.

Loss of hearing is the third most common chronic physical health condition among adults, and occupational exposure is the cause in one in four adults who have hearing loss.

As an employer, you are required to assess your employees’ hearing annually and educate them in hearing conservation. Our team of CAOHC-certified hearing conservationists conduct all hearing tests. They can help you safeguard your employees’ hearing and comply with all regulations.

Why choose us?

- ▶ Our audio unit is designed with you in mind.
- ▶ We are happy to schedule any shifts you need tested, any time of day.
- ▶ CAOHC-certified Occupational Hearing Conservationists, supervised by a medical doctor, conduct all hearing tests.
- ▶ Our computer-controlled audiometer exceeds all ANSI S3.6-1989 requirements.
- ▶ Test instructions can be given in 11 different languages.
- ▶ We provide the required employee



Schedule our audio unit

Contact OCCMed Director Jennifer Carmack at 731-784-8400 or jennifer@occmmedjackson.com.

notification letters at no additional charge, relieving you of that regulatory burden.

▶ Because we are local, repeat testing for those with a presumptive STS can be done in our office at the employee’s convenience.

▶ Upon completion of all testing, the data is reviewed, adjusted for age (as required), compared against baseline and finalized. Reports are returned to your designated representative, usually within 72 hours.

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
On-site Services: Available 24/7 by arrangement
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Stairs instead of ladders

In the quest for safer workplaces, one change is steadily gaining momentum: the transition from ladders to stairs.

From warehouses to construction sites, businesses are beginning to recognize the long-term benefits of installing stairs over ladders for routine and emergency access.

The Risk with Ladders

Ladders are a common fixture in workplaces for providing access to elevated platforms, storage areas and maintenance spots. However, they pose significant risks.

According to safety data, falls from ladders account for a substantial number of workplace injuries and fatalities every year.

The primary concerns with ladder use include instability, workers over-reaching to get something, and falls and loss of balance when carrying tools or equipment. These risks contribute to a growing consensus among safety professionals that alternatives to ladders should be sought wherever possible.



Stairways to Safety

With their stable platforms and handrails, stairs

reduce the likelihood of falls and provide a more secure method for ascending to and descending from heights.

Key advantages include increased stability, improved load capacity because stairs can support more weight, reduced worker fatigue because they're less physically demanding to climb, and enhanced productivity.

Source: EHS Today



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

Breaks reduce muscle fatigue

Workers performing repetitive manual tasks can avoid muscle fatigue by taking short breaks every 10 minutes, researchers say.

A team from the University of Alberta asked a group of men to lift and move 16-pound boxes during a series of work-rest schedules. The researchers used sensors to measure body movement as well as electrical signals generated by muscles.

Findings show that stopping to stretch or rest for no longer than a minute every 10 minutes could limit muscle fatigue and workers' risk for musculoskeletal injury.

When the participants took "micro-breaks," they were more likely to practice proper posture over time. The short breaks did not have a negative impact on productivity.

Source: Safety+Health

Blood-borne pathogen training, certification

To protect your employees and meet OSHA compliance, Physicians Quality Care OCCMed offers training and certification in working around blood-borne 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, said OCCMed Director Jennifer Carmack.

To set up training for your employees, contact Carmack at jennifer@occmmedjackson.com or 731-984-8400.

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