



Your Healthy Workplace

October 2024

COMMON WORKPLACE ACCIDENTS RESULT IN COSTLIEST CLAIMS

After examining 1.2 million workers compensation claims from 2017 to 2021, a new survey found that the most frequent causes of injury are:

- Overexertion (29%)
- Slips, trips and falls (23%)
- Getting struck by an object (12%)
- Motor vehicle accidents (5%)
- Caught-in or caught-between hazards (5%)

The study found that any injury has tangible consequences, and many include long-term, sometimes permanent, effects. By understanding where the risks are, businesses can better identify

We can help ...

... you identify hazards at your job site. To get started, contact Jennifer Carmack at 731-984-8400 or jennifer@occmедjackson.com

what to look for and tailor their risk management and employee safety strategies accordingly to help prevent future injuries.

The top causes of severe claims (\$250,000 or more) were:

- Slips, trips and falls
- Overexertion
- Being struck by an object
- Caught-in or caught-between hazards

■ Motor vehicle accidents

During the past few years, 35% of workplace injuries occurred during an employee's first year on the job. For 2023, this resulted in six million missed days.

Lost workdays by specific injuries are:

- Construction (103 days)
- Transportation (83 days)
- Services (72 days)
- Wholesale (71 days)
- Manufacturing (67 days)

In manufacturing, shoulder injuries were the most frequent injury. And in small businesses, the most common injuries were slips, trips and falls.

Source: EHS Today

Flu shots are here



Don't wait any longer to schedule flu shots for your employees. An annual vaccination is the best way to reduce the risk of your employees getting the flu and spreading it throughout your workplace and to their families. It also helps prevent lost work time and increased medical costs. We can do the flu shots at your place or in our clinics. Contact OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@occmедjackson.com.

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Clinic Hours: 7 a.m. - 7 p.m. weekdays

On-site Services: Available 24/7 by arrangement
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EXPERT TIPS ON MANAGING STRESS AT WORK

Imagine a perfect week at work. Everything runs smoothly, and you love your job. Sounds like a dream, doesn't it?

While those days are possible, work can also be a source of frequent and intense stress. Let's face it, work stress is unavoidable.

In 2022, 83 percent of U.S. workers suffered from work-related stress and about

one million Americans missed work each day because of stress, according to the American Institute of Stress (AIS).

The American Psychological Association identifies some of the physical and emotional symptoms of work stress as: headaches, stomachaches, high blood pressure, a weakened immune system, insomnia, depression and anxiety.

There are a variety of reasons why work is stressful, including problems with leadership, lack of control over responsibilities, tight deadlines and job insecurity.

How to manage work stress

- Be nice to yourself.
- Find things you can control.
- Make a manageable to-do list.
- Turn down extra responsibilities.
- Schedule time for yourself.
- Consider therapy.

Work-related stress is a reality that can't be denied. Prioritizing stress management will lead to a better relationship with your job and improved work-life balance.

SOURCE: American Psychiatric Association



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

Work stress can hurt your heart

Too much work stress may raise your risk of developing atrial fibrillation or A-fib, a dangerous heart rhythm problem.

Researchers say the risk is especially high in low-paid employees and those who receive little recognition for their efforts. The study included more than 5,900 white collar workers who reported they had job stress between 1991 and 2018.

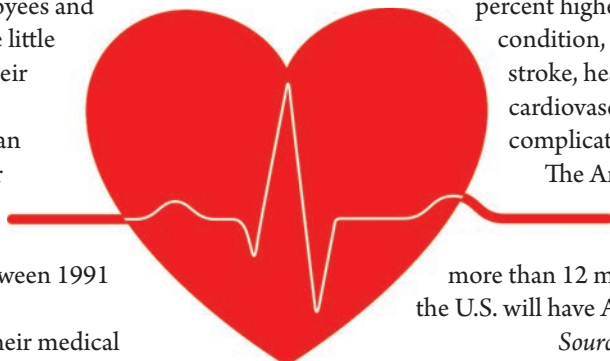
A review of their medical

records found those who reported high job stress and low rewards were 97 percent more likely to develop A-fib.

High job stress alone was linked to 83 percent higher odds of the condition, which can lead to stroke, heart failure or other cardiovascular complications.

The American Heart Association estimates that more than 12 million people in the U.S. will have A-fib by 2030.

Source: HealthDay News



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