



Your Healthy Workplace

September 2024

Flu shot season is here

Physicians Quality Care OCCMed will begin employee flu shots for area companies and organizations in September.

The Centers for Disease Control and Prevention recommends that people get the flu vaccine in September and October so they are protected as flu season begins.

It takes about two weeks for the vaccine to be effective.

Employers who offer flu shots to employees will have fewer employees sick this winter, fewer sick days, and lower medical costs.

Having the flu vaccine available at your worksite also has benefits: More employees are likely to get the flu shot because it will be convenient to do so. It also reduces costs by decreasing time missed from work to get vaccinated.

**We'll schedule your flu shots at your convenience.
Contact OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@occmedjackson.com.**

WHEN MINUTES MATTER

Training is key to managing a cardiac event at work

For too many employees, mandatory CPR/AED training is seen as an inconvenience that disrupts a busy workday for an emergency that may never occur.

It's easy to adopt the "it-can't-happen-here" mentality, but consider the numbers.

Nearly 10,000 people—more than 15 percent of workplace fatalities—suffer cardiac arrest on the job annually. It's most often seen in industries where workers may be exposed to electrocution, lightning strikes, low oxygen environments or even overexertion.

OSHA estimates that having an automated external defibrillator (AED) available and an average

time to defibrillation of three to four minutes can lead to a 60 percent increase in survival rates.

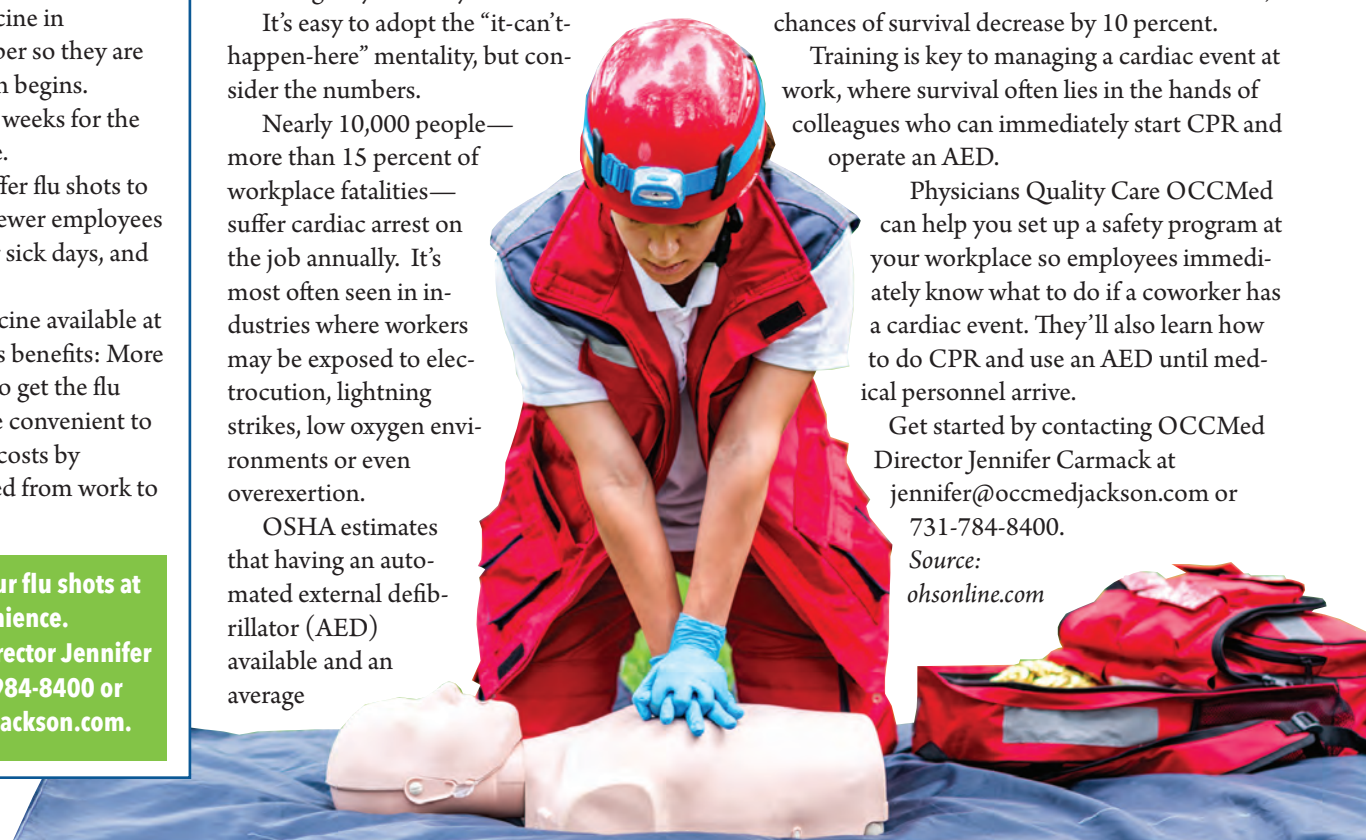
For every minute that a non-responsive coworker doesn't receive effective defibrillation, chances of survival decrease by 10 percent.

Training is key to managing a cardiac event at work, where survival often lies in the hands of colleagues who can immediately start CPR and operate an AED.

Physicians Quality Care OCCMed can help you set up a safety program at your workplace so employees immediately know what to do if a coworker has a cardiac event. They'll also learn how to do CPR and use an AED until medical personnel arrive.

Get started by contacting OCCMed Director Jennifer Carmack at jennifer@occmedjackson.com or 731-784-8400.

Source: ohsonline.com



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Another cup of coffee? Maybe not.

A new study may have caffeine addicts thinking twice before refilling that endless cup of coffee.

Researchers say heavy caffeine consumption on a regular basis can lead to elevated blood pressure and heart rates—even in otherwise healthy people.

Their study focused on the impact of coffee, tea, carbonated sodas and popular energy drinks.

The results showed

those who consumed 400 milligrams of caffeine daily experienced an increase in blood pressure and heart rate.

Four hundred milligrams is equal to four cups of coffee, 10 cans of soda or two energy drinks. It's also the intake reported by 20 percent of the participants.

The researchers say increasing awareness of these risks is vital to improve heart health for all.

Source: American College of Cardiology; HealthDay News



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Schedule the audio unit by contacting OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@occmedjackson.com.



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You'll live longer if you bike to work

Biking to work or school may lower your risk of death from any cause by almost 50 percent, a new study finds.

Researchers looked at the health benefits of active commuting versus inactive commuting and found both biking and walking strongly benefit physical and mental well-being.

The study included nearly 83,000 people 16-

74 years of age. After almost two decades of monitoring, cycling was associated with a 47 percent lower risk of death, a 10 percent lower risk of any hospital admission and a 24 percent lower risk of hospital admission for heart disease.

Cyclists also had 51 percent lower odds of dying of cancer and significantly lower odds of being prescribed drugs for heart disease or mental health issues.

Walkers had an 11 percent lower risk of hospital admission for any cause and a 10 percent lower risk of admission for heart disease.

They were also less likely to be on medications for heart or mental health conditions.

Source: BMJ Public Health; HealthDay News



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- ▶ DOT, wellness & pre-employment physicals
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- ▶ Nerve conduction studies
- ▶ X-rays and EKGs