



PHYSICIANS QUALITY CARE

## Your Healthy Workplace

AUGUST 1, 2025



### Your desk

A well-designed and appropriately adjusted desk should provide adequate clearance for your legs, allow proper placement of computer components and accessories, and minimize awkward postures and exertions.

#### Suggestions:

- The computer monitor should be in front of you and at least 20 inches away.
- Avoid storing items, like the CPU, under your desk.
- A suitable desk should accommodate a variety of working postures.
- Keep your desk uncluttered to avoid poor mouse and keyboard placement.
- The location of frequently used devices, such as your phone and mouse, should remain within the primary work zone.
- Using a corner rather than a straight run of desk may provide additional space and depth to accommodate large monitors or multiple items.

Source: OSHA.gov

**We speak OSHA!** To help you comply with OSHA, we offer ...

- On-site CAOHC-certified audiometry
- DOT, non-DOT & hair follicle drug screening
- Breath- & blood-alcohol testing
- Health fairs
- Strength & agility testing
- NIOSH-approved pulmonary function testing
- DOT, wellness & preemployment 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

## Flu Season Ahead



### It's time to schedule employee flu shots

Though it's the heat of summer, flu season can start in two months. It's time to schedule employee flu shots to keep your workplace healthy this winter.

Making annual flu vaccinations part of your workplace wellness program offers many benefits.

And doing it at your workplace reduces your costs by decreasing the amount of time employees spend to get vaccinated elsewhere.

When the flu hits, you'll reduce costs with fewer absences due to illness, thus improving productivity.

Employees like the convenience of getting the vaccine at work. Besides improving their health, it also increases employee morale.

According to an NBC News analysis of CDC data, cases of flu last season were the highest since the CDC first began tracking this information 28 years ago.

No one can predict the severity of the flu this winter. However, the best way to protect you and your employees against the flu is the annual vaccination.

### Contact us today to get on our schedule

Once this upcoming season's flu vaccine arrives at our clinic in September, we'll be traveling to area businesses to administer flu shots. We'll come on your schedule or you can send your employees to the OCCMed clinic to be vaccinated. 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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**OCCMed Office:** 2075 Pleasant Plains Ext., Jackson, TN 38305

**Office Hours:** 9am–5pm weekdays

**On-site Services:** 24/7 by arrangement

**Clinic Hours:** 7am–7pm Mon–Sun (Patients use urgent care clinic after OccMed closes.)