



Your Healthy Workplace

February 2025

Let's have a Heart-Healthy Workplace

Heart disease and stroke are the first and fifth leading causes of death in the United States – accounting for roughly one third of all annual deaths. Each year, employers lose about \$127 billion in indirect costs through lost productivity. (American Heart Association)



It doesn't have to be that way. Workplaces "are a natural place to improve heart health," the Centers for Disease Control and Prevention says. "The chance of developing cardiovascular disease is 50% at age 45, which represents a significant portion of the workforce."

The CDC and others suggest several ways to improve cardiovascular health among employees ...

■ Offer activities that encourage movement and exercise. Many

- Each year in the United States, 10 work-related factors cause 5-8% of health care costs and 120,000 deaths ...**
- Working 55 hours or more a week
 - Working nights and rotating shifts
 - High job demand
 - Low job control
 - Worry about losing one's job
 - Work-family imbalance
 - Feeling of being treated unfairly at work
 - Low workplace social support
 - Unemployment
 - No health insurance

companies provide discounts for gym memberships. Organize walking groups at lunch. Make it more attractive for employees to use the stairs rather than an elevator.

- Provide healthy foods with fewer calories and sugar in office vending machines and the cafeteria.
- Offer physicals so employees can learn if they have heart problems; provide information on limiting those problems.
- Set up a workplace gym.
- Create flexible schedules so employees can more easily

We can help!

Heart monitoring. Physicals. Educational classes. And more.

Contact OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@occmmedjackson.com for help in promoting healthy lifestyles.

fit in exercise. Build short activity breaks of 10 to 15 minutes into the workday.

■ Host a contest for creating healthy recipes. Offer health education programs.

■ Offer onsite classes for people who want to give up cigarettes and other tobacco products.

■ Don't allow smoking and tobacco use in the workplace.

■ Set up blood pressure monitors at work.

■ Provide racks for those who want to commute by bike.

(Source: CDC, SHRM)

Physicians Quality Care OCCMed

2075 Pleasant Plains Ext. • Jackson, TN 38305
Office: 731.984.8400 • Fax: 731.984.8305



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
jennifer@occmmedjackson.com | occmmedjackson.com

YOU WILL ABSOLUTELY LOVE OUR ON-SITE SERVICES

Health fairs. Classes. On-site clinics. Physicians Quality Care OCCMed offers a host of services that we will do on your schedule at your worksite.

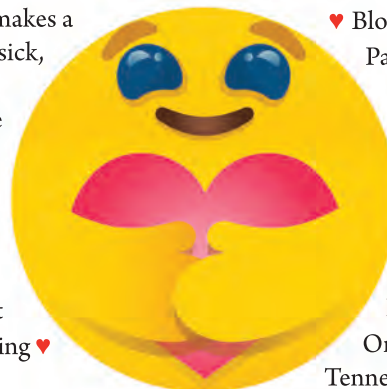
Drug screenings during third shift? Stop smoking classes during the lunch break? We can be there. Contact OCCMed Director Jennifer Carmack at 731-984-8400 or jennifer@occmedjackson.com to get started.

Besides cost-effective, quality medical care, we'll also provide the documentation you need in a timely manner to meet state and federal regulations.

Every time an employee makes a visit to the doctor or is home sick, your bottom line is affected. We're ready to help you create a healthy work place.

WE CAN PROVIDE ...

♥ DOT and Pre-Employment Physicals ♥ Fit-For-Duty Testing ♥ OSHA-Required Hearing Conservation Tests ♥ Active Shooter Training



♥ Blood Work ♥ Bloodborne Pathogen Training ♥ CPR/First Aid/AED Training ♥ Drug Screenings ♥ Flu Shots and Immunizations ♥ Health Fairs ♥ Industrial Hygienist ♥ Pulmonary Function and Respiratory Fit Tests ♥ Respiratory Questionnaires ♥ On-site Clinics ♥ Safety Talks ♥ Tennessee Drug-Free Workplace Training ♥



Physicians Quality Care
P.O. Box 12197
Jackson, TN 38308

Address Service Requested

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

Even in cold weather ... employees can get overheated

Most people might not think about heat risks during colder months, but they lurk in workplaces where high temperatures and poor ventilation are typical.

These enclosed spaces can trap hot air, creating a perfect storm for illnesses. Dehydration sneaks up faster in winter since the thirst response is 40% lower when it's cold. Medications that affect the body's ability to cool itself can also make it more difficult to cool down.

Winter clothes are designed to keep the wearer warm outside but can cause overheating

indoors. Heating systems working overtime can amplify discomfort.

Cold outdoor temperatures can mask the symptoms of overheating, as the body reacts differently in cooler weather. Workers may not feel sweaty, as the cold air quickly evaporates moisture from the skin, making it seem like they're not losing fluids.

Similarly, the cold suppresses the thirst response, so they're less likely to drink water.

Winter doesn't eliminate heat risks; it just makes them easier to overlook.

Source: Occupational Health and Safety

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