



Your Healthy Workplace

January 2025

New Year's resolutions for safe, healthy workplaces

A safe and healthy workplace is a sound business practice. Industry experts recommend a proactive approach—it's better to prevent workplace accidents, illnesses and injuries than to react after something occurs.

Employers will find that implementing recommended practices also brings other benefits. They impact employee well-being, leading to increased productivity, reduced absenteeism, higher morale and better employee retention. Ultimately, you'll have a more successful business by minimizing risks of injuries, illnesses and legal issues while fostering a positive work environment where employees feel valued and supported.

Here are suggestions for some New Year's resolutions:

- Organize an employee health fair.
- Become a certified Tennessee Drug-Free Workplace.
- Make sure your workplace has AED equipment. Then teach

supervisors and employees CPR, First Aid and how to use the AED equipment. It's important for your employees to know what to do if a co-worker or customer needs first aid or is having a heart attack.

- Have a professional walk through your workplace to identify safety hazards, then take steps to remove those hazards.
- Offer exercise opportunities that award success, such as a walking program at lunch or a gym membership.
- This summer, schedule an appointment with OCCMed Jackson to provide the flu vaccine to your employees this fall.
- Ask our team of CAOHC-certified

We're here to help!
Get started on all of your health and safety New Year's resolutions with one phone call or email. Contact OCCMed Director Jennifer Carmack at jennifer@occmedjackson.com or 731-984-8400.

hearing conservationists to test employee hearing, identify dangerous noise levels and help you comply with OSHA regulations.

- Schedule your DOT and pre-employment physicals with OCCMed Jackson. From drug and hearing

tests to physical ability testing, we do it all. We'll even come to your workplace to assess a job's physical requirements.

■ Teach employees how to lift heavy objects properly. Back injuries account for one in five workplace injuries, and 75% of workplace-related back injuries occur during a lifting task, reports OSHA.

■ Whether it's a class to help employees stop smoking or one on how to cook healthy meals, we can help. Ask your employees what they would like, and we'll create a program to address those needs.

■ Finally, whatever your health and safety needs, turn to OCCMed Jackson. *We're here to help!*

Physicians Quality Care OCCMed

2075 Pleasant Plains Ext. • Jackson, TN 38305
Office: 731.984.8400 • Fax: 731.984.8305
Milan: 15463 S. First St. 38358 • 731.686.8688



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@occmedjackson.com | occmedjackson.com

Preventing the spread of flu at work

The single best way to reduce the risk of seasonal flu and its potentially serious complications in the workplace is to offer employee flu vaccines each year.

But now that we're in the midst of flu season, here are other actions recommended by the U.S. Centers for Disease Control and Prevention that also help stop the spread of flu.

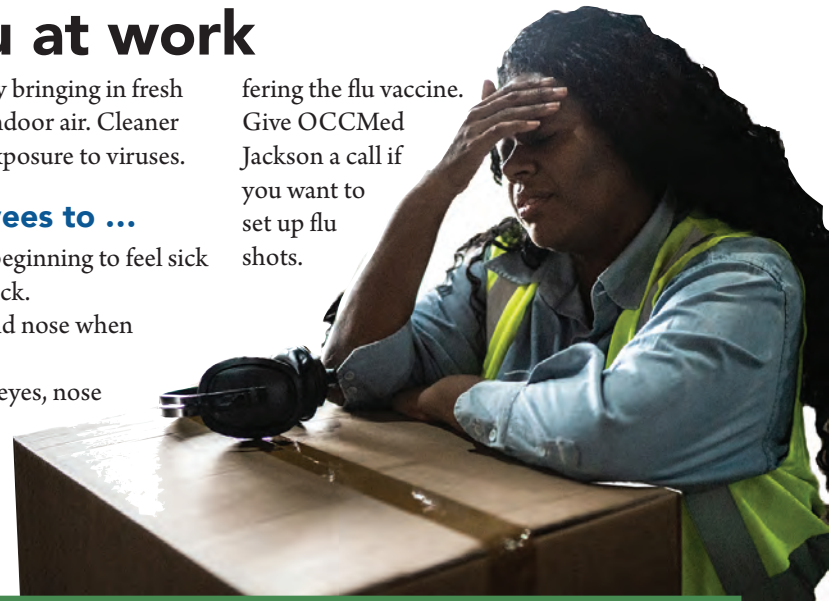
- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards and phones, to help remove germs.
- Make sure the workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand rubs and disposable wipes.

■ Improve air quality by bringing in fresh outside air and purifying indoor air. Cleaner air can reduce the risk of exposure to viruses.

Encourage employees to ...

- Go home if they are beginning to feel sick and stay home if they are sick.
 - Cover their mouth and nose when coughing or sneezing.
 - Avoid touching their eyes, nose or mouth because that can spread germs.
 - Wash hands often.
- And, yes, we're still of-

fering the flu vaccine. Give OCCMed Jackson a call if you want to set up flu shots.



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 • occmcdjackson.com

If it's cold out there ...

... Here are some ways to protect employees who work in frigid temperatures.

- Schedule jobs that expose workers to the cold weather in the warmer part of the day.
- Consider providing warm, protective clothing.
- Limit the amount of time spent outdoors on extremely cold days.
- Provide warm areas for use during break periods.
- Provide warm (non-alcoholic) liquids to workers.
- Monitor workers who are at risk of cold stress.
- Acclimatize new workers and those returning after time away from work by gradually increasing their workload, and by allowing more frequent breaks in warm areas, as they build up a tolerance for working in the cold environment.
- Finally, train employees on how to recognize the symptoms of cold stress in themselves and others so they can seek medical attention.

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