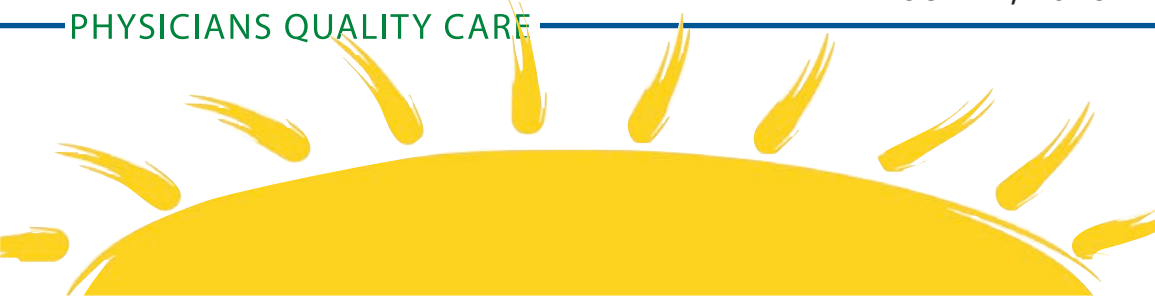




PHYSICIANS QUALITY CARE

## Your Healthy Workplace

JULY 2, 2025



# Know how to recognize the signs of heat-related illnesses

Most of us know the drill when people have to work in the heat: Drink plenty of fluids. Take breaks. Schedule work in the cooler hours of the day.

But many don't know the signs of extreme heat exposure and the appropriate response.

During extremely hot and humid weather, the body's ability to cool itself is challenged; heat

exhaustion or heat stroke can happen. Both are serious enough to cause death.

**Heat stroke** is the most dangerous. Signs are confusion; dizziness; slurred speech; nausea; hot, red or damp skin;

rapid and strong pulse; and losing consciousness. Call 911 or get the victim to the hospital. While waiting for emergency care, move the person to a cooler environment and reduce the body temperature with cool cloths.

**Heat exhaustion** shows itself with heavy sweating; weakness and tiredness; pale, clammy skin; fast weak pulse; headache; and fainting. Move the person to a cooler environment; loosen cloth-

ing; apply cool, wet clothes; and offer sips of water. If symptoms don't improve seek medical care.

*Source: Centers for Disease Control and Prevention, National Weather Service*

### We can help

Identifying and knowing what to do with heat-related symptoms should be part of first aid instructions for all employees.

We can teach your classes on first aid, CPR and other safety issues.

You determine the time, date and place, and we'll do the rest.

Contact OCCMed Director Jennifer Carmack at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).

### 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 & 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

We WILL BE  
**CLOSED**  
FOR THE

**4<sup>TH</sup> OF JULY**

*Independence Day*

## Time to schedule those flu shots

Physicians Quality Care OCCMed is starting to schedule employee flu shots at work sites in September and October.

The CDC recommends the flu shot for everyone six months and older and that people get their flu immunizations in September or October—before flu season typically starts.

The 2025-26 flu vaccine is designed to address expected strains in the flu this upcoming season.

We'll schedule your flu shots at your convenience. Contact OCCMed Director Jennifer Carmack at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) or 731-984-8400.

### Physicians Quality Care OCCMed

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**Office Hours:** 9am–5pm weekdays  
**On-site Services:** Available 24/7 by arrangement

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