



Noisy work environment?

Let us help you meet OSHA regulations

Our state-of-the-art audio unit comes to your workplace to conveniently test employee hearing. With no extra on-site setup fee, we can take care of your OSHA-required hearing-conservation training and test up to 10 people at a time every 20 minutes.

CAOHC-certified Occupational Hearing Conservationists, supervised by a medical doctor, conduct all tests.

Our top-of-the-line Benson audiometer is computer-controlled and exceeds all requirements. Instructions can be given in any of 11 different languages. When testing is done, the data is reviewed, adjusted for age (as required), compared against baseline and

finalized. You receive the results within 72 hours.

We'll also complete any paperwork needed to comply with regulations. We know that any time employees are off from work for testing affects your bottom line; that's why we are happy to schedule any shifts you need tested, any time of day. We're also local, which makes follow-up tests at our clinic convenient.

We can evaluate noise levels at your worksite so you can better protect employee hearing. To set up your hearing tests, contact OCCMed Director Jennifer Carmack at jennifer@physiciansqualitycare.com or 731-984-8400.

Sedentary work and irregular hours significantly impact sleep health

People whose jobs are highly sedentary—an estimated 80% of the modern workforce—experience a much higher risk of insomnia symptoms, according to a new study led by the University of South Florida.

The findings also show that nonstandard work times also are significant threats to sleep health.

Those two factors, hastened by technological changes such as increased computer work, are linked to a 37% increase in insomnia symptoms among sedentary workers.

The way we are designing work poses serious, long-term threats to healthy sleep, researchers said. Healthy sleep involves more than just getting your eight hours.

It's also falling asleep easily, sleeping through the night and having a consistent sleep schedule.

Companies should be aware of the sleep risks of their workforce to improve detection and intervention.

The research suggests that moving your body during the workday and limiting after-hours work may not just help you sleep well that night, but protect against ongoing sleep problems a decade later.



Credit: CCO Public Domain

Take a break from standing during the work day

Recent studies confirm that prolonged standing at work can raise blood pressure. That's because the body boosts circulation to the lower limbs by constricting blood vessels and increasing the pumping power of the heart.

A standing desk can provide a nice change from sitting at the office, but too much standing can be harmful.

It's a good idea to take a break from standing during the work day, either by walking every half an hour or sitting for some parts of the day.

Researchers also stress the importance of recreational physical activity for office workers.

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

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.)