



PHYSICIANS QUALITY CARE

## Your Healthy Workplace

SEPTEMBER 23, 2025

# Flu season officially starts next week

With the recent arrival of this year's flu vaccine, Physicians Quality Care OCCMed started to give flu shots to area employees this week.

Getting a dose of this year's flu vaccine is the best way to protect your employees from getting the flu, missing work while battling the flu or landing in the hospital because of

complications with the flu.

Now's the time to schedule those flu shots for your employees. It usually takes about two weeks for the vaccine to be effective.

Physicians Quality Care OCCMed will administer the shots at your location at times convenient to you. Employees can also get shots at our clinics in Jackson and Milan.

Your employees will appreciate the convenience of getting the vaccine at work. And both you and your employees will appreciate a healthier workplace this winter.

Schedule your shots by contacting OCCMed Director Jennifer Carmack at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) or 731-984-8400.



# How much noise do you 'hear' at work?

The Center for Disease Control estimates that 22 million workers are exposed to potentially damaging noise at work each year. Whether you work at a sports venue, entertainment establishment, on a tarmac, or operate a jackhammer—hearing loss is preventable.

Noise levels are measured in decibels, and exposure over 85 decibels can damage your hearing. If you need to raise your voice to speak to someone three feet away, noise levels might be over 85 decibels (dBA).

Noise is likely a problem in your workplace if you:

- Hear ringing or humming in your ears when you leave work.
- Have to shout to be heard by a coworker an arm's length away.
- Experience temporary hearing loss when leaving work.

The National Institute for Occupational Safety and Health has a

Sound Level Meter App that can screen sound levels in the workplace. It is available to the public to download on mobile iOS devices from the Apple Store.

## Hearing tests at your place!

Physicians Quality Care OCCMed will come to your facility with our state-of-the-art audio unit. With no extra on-site setup fee, we can take care of your OSHA-required hearing-conservation training and test 10 people at a time every 20 minutes. Contact Jennifer Carmack at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).



## Did you know?



U.S. employers lose an average of \$575 billion in lost productivity each year because of employee poor health. In other words, for every dollar of the \$950 billion employers spend on employee healthcare benefits, they lose another 61 cents of productivity to illness and injury.

An onsite medical clinic will help improve employee health and help decrease the amount of time employees are sick or away from work to seek medical care.

Learn why you should consider a primary care clinic at your worksite. Contact us at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) or 731-984-8400.

**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

## 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.)