



PHYSICIANS QUALITY CARE

## Your Healthy Workplace

JANUARY 20, 2026



### We're hoping you'll invite us over ...

We promise to be a good guest as we work with you to achieve a safe and healthy workplace in 2026.

Here are a few ways we can have a productive visit ...

✓ **Plan an employee health fair.** Blood pressure checks. Cancer screenings. Pulmonary tests. Healthy cooking and stop smoking classes. Throw in some incentives for attendance and we'll create and execute a successful employee wellness fair.

✓ **A safety walk-through.** Our experts will walk through your worksite to identify unsafe noise and dust levels, safety hazards and other unsafe conditions. We can assess a job's physical requirements to help you fit the right employee to each job. We can assess work stations for ergonomic reasons.

✓ **Drug screenings. Breath- and blood-alcohol tests.** We can also help you get certified as a Tennessee Drug-Free Workplace, which gives you a 5% premium credit on your workers' compensation insurance policy.

✓ **Hearing tests.** Our team of CAOHC-certified hearing conservationists will drive

to your doorstep with our state-of-the-art audio unit to test employee hearing. We can also take care of your OSHA-required hearing-conservation training. There is no extra on-site setup fee.

✓ **On-site DOT and pre-employment physicals.** (We'll do them on your schedule to reduce time away from the job.)

✓ **First Aid, CPR and AED classes.** Employees like to know how to respond to a co-worker or customer who needs First Aid or CPR.

✓ **Safety classes,** including how to lift heavy objects properly. (According to OSHA, back injuries account for one in five workplace injuries, and 75% of workplace-related back injuries occur during a lifting task.)

✓ **Lunch and learn series.** We can take classes a step further by developing a series of health and safety talks over lunch. Ask your employees what they would like, and we'll create a program to address those needs.

✓ **Paperwork, paperwork.** Whether it's compiling an assessment of your workforce's overall health after a wellness fair or providing OSHA-required hearing test results, we'll do the paperwork. Promise. And, most of the time you'll get the results the same day.

**Let's get started!** Contact OCCMed Director Jennifer Hill at [jennifer@occmedjackson.com](mailto:jennifer@occmedjackson.com) or 731-984-8400.

### Achoo-oo!

The flu has been spreading quickly across the country, sending more people than normal to the hospital.

Here are a few ways to help your employees stay healthy during this cold and flu season.

- Have plenty of hand soap available so employees can wash hands frequently.

- Wash surfaces that employees touch frequently.

- Tell sick employees to stay home so they won't spread the flu to others.

- Encourage the sick employee to seek medical attention as quickly as possible to get anti-viral prescription medicine. It can lessen the effects of the flu and help the employee feel better faster.

- Remind employees that Physicians Quality Care is open 7a.m. to 7 p.m. 7 days a week at our Jackson and Milan clinics. No appointment is needed.

**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, pre-employment and wellness 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.)

### Make health and safety a priority!

It's sound business practice to have a proactive approach to health and safety issues ...

- Employees will appreciate your concern, have a higher morale and feel valued.
- You'll minimize risks of injuries and illnesses.
- With employees taking fewer days off from work because of sickness or injury, you'll have increased productivity.
- Ultimately, you'll have better employee retention and a more successful business.