



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 or 731-984-8400.

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.

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

occmedjackson.com • 731.984.8400
jennifer@physiciansqualitycare.com

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.)