PHYSICIANS QUALITY CARE

Your Healthy Workplace

JUNE 26, 2026

Working at a desk shouldn't be a pain in the neck

Sore neck? Wrist pain? Backache? Your chair and desk height, position of your computer screen and desk posture all make a difference in avoiding health problems if you work at a desk most of your day.

It's all about understanding how office ergonomics can affect your health. Here's some help to ease stress on your body, protect your joints and help you stay comfortable as you work…

✓ **Chair:** Choose a chair that supports your spine. Adjust the height of your chair or use a footrest so that your feet rest flat. Position any armrests so your arms sit gently on them with your elbows close to your body and your shoulders relaxed.

✓ **Desk:** Make sure your legs and feet have enough room under your desk. If desk height can't be changed, adjust your chair height or add sturdy blocks to increase the height of your desk. If your desk has a hard edge that's not rounded, pad the edge or use a wrist rest to reduce stress on your wrists.

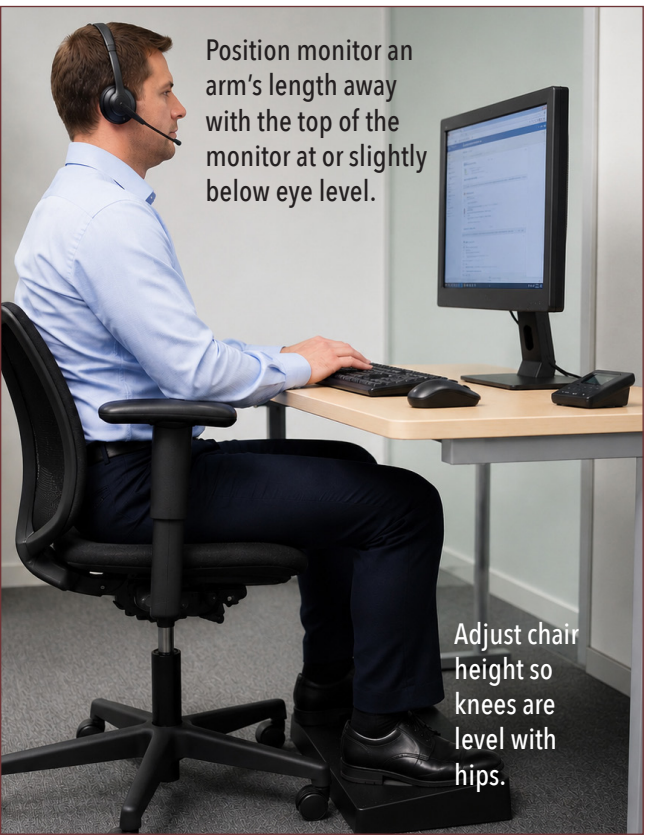
✓ **Keyboard and mouse:** Put your computer keyboard in front of you so your wrists and forearms are in line and your shoulders are relaxed. Keep your mouse within easy reach, on the same surface as your keyboard.

✓ **Monitor:** Place the computer monitor straight in front of you, directly behind your keyboard and between 20 to 40 inches from your face. The top of the screen should be at or slightly below eye level. If you wear bifocals, lower the monitor an additional 1 to 2 inches for more comfortable viewing.

✓ **Telephone:** If you spend a lot of time on the phone, or if you often type or write while you're using the phone, put the phone on speaker or use a headset. Don't cradle the phone between your head and neck.

Finally, remember to get up and walk around as often as you can throughout the workday. If possible, do some work standing up. While you're seated, stretch your hands, fingers and arms from time to time. Shifting your position, standing up and moving will ease strain on your body and help you stay healthier.

Source: Mayo Clinic



Proper ergonomics are important throughout the workplace to avoid health problems, such as repetitive motion injuries and hearing or vision problems.

Physicians Quality Care OCCMed can identify problem areas and develop a plan to help keep employees healthy.

Let's get started. Set up a time for us to do a workplace walk-through by contacting Operations Manager Nathan Pierce at 731-984-8400 or nathanpierce@physiciansqualitycare.com.

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 Centers for Disease Control recommends that everyone six months and older get the flu shot in September or October – before flu season typically starts.

The 2026-27 flu vaccine is designed to address expected strains in the flu this upcoming season.

The flu shot helps keep your employees healthy and reduces time off from work because of illness.

We'll schedule your flu shots at your convenience. Contact Nathan Pierce at nathanpierce@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, & pre-employment 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 our urgent care clinic after OccMed closes.)