

# OCCUPATIONAL HEALTH SERVICES

## Ridgway Community Medical Building



Penn Highlands Elk is pleased to offer **OCCUPATIONAL HEALTH SERVICES** to help local companies manage the health and well-being of their employees. Many companies face government mandates by OSHA, the Department of Transportation or other regulatory bodies.

Our team is here to alleviate the burden for your human resources staff. We are experts in meeting government regulations, but more than that: we care about our local workforce.

Give us a call, and let us handle the health and safety of your employees.

**SERVICES ARE OFFERED ONSITE OR AT OUR OFFICE**

### RIDGWAY COMMUNITY MEDICAL BUILDING

250 West Main Street  
Ridgway, PA 15853

**814-788-5647**

### SERVICES PROVIDED TO EMPLOYERS:

- Physicals
- DOT physicals
- Return-to-work services
- Drug and alcohol testing: urine, breath alcohol, hair sampling
- Vision testing
- Audiometric testing
- Nursing services
- X-rays
- Respiratory testing (pulmonary function)
- Respirator fit testing
- Immunizations: flu shots, Hepatitis B, tetanus/diphtheria pertussis, titers for MMR and Varicella
- Health screenings: thyroid, PSA, Vitamin D, A1C, lipid panel, bone density, BMI and blood pressure
- Rehabilitation services: work hardening, ergonomics, functional capacity testing, post offer job function testing
- Lunch and learn educational topics
- Job-specific education and training:
  - CPR training and certification
  - First aid training and certification
  - Bloodborne pathogen training
  - Proper lifting techniques

### OUR TEAM:

- Physicians
- Medical review officers (MROs)
- Physician assistants and nurse practitioners
- Nurses
- Physical and occupational therapists
- Certified technicians
- NRCME certified medial examiner