

# OCCUPATIONAL HEALTH

Available at Penn Highlands Healthcare



## Helping Keep Your Employees Safe and Healthy

Penn Highlands Healthcare 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 that focus on workplace safety. Our team is here to help companies understand and implement these safety protocols. We offer full-service locations in Belle Vernon, Clearfield, Ridgway and Tyrone and additional services are offered throughout our other service areas.

We are experts in meeting government regulations, but more than that: we care about our local workforce.

### BELLE VERNON

#### Mon Valley HealthPlex

800 Plaza Drive, Belle Vernon, PA  
Monday - Friday  
8:00 AM - 4:00 PM  
724-379-1940 for appointment

#### Full Service

##### Medical Exams

- Pre-placement
- Respirator Clearance Exams
- Return-to-Work Physicals
- Fitness-for-Duty Physicals Medical Surveillance Physicals/OSHA
- Department of Transportation (DOT)
- Physical Capability Screens
- Independent Medical Exams, Utilization Reviews, FMLA Reviews

##### Routine Medical Services

- All Aspects of Injury Treatment and Management
- Blood Draw Station Services
- Routine ECG
- Hearing Testing
- Pulmonary Function Testing
- Respirator Fit Testing
- Breath Alcohol Testing
- Hair Drug Testing
- DOT and Non-DOT Urine Drug Testing
- Medical Review Officer Services
- Immunizations and Vaccinations (Selected)
- Vision and Color Vision Testing

##### Worksite

- Immunizations
- Drug Screen Collections
- Health Fairs
- Worksite Visits and Analysis

### BROOKVILLE

#### QCare Brookville

88 Hospital Road, Brookville, PA  
Monday - Friday, Walk in or Appt  
8:30 AM - 4:00 PM  
814-849-1874 for appointment

#### Services

- Physicals
- DOT Physicals
- Work Related Injury
- Drug & Alcohol testing: urine and hair sampling
- Vision Testing
- Immunizations

### CLARION

#### QCare Clarion

265 Holiday Inn Road, Route 68, Clarion, PA  
Monday & Wednesday, By Appt Only  
8:30 AM - 4:30 PM  
Tuesday, Thursday Walk in or Appt  
8:30 AM - 4:30 PM  
Friday, Walk in or Appt  
8:30 AM - 3:00 PM  
814-297-8848 for appointment

#### Services

- Physicals
- DOT Physicals
- Work Related Injury
- Drug & Alcohol testing: urine, breath alcohol and hair sampling
- Vision Testing
- Immunizations

### CLEARFIELD

#### QCare Clearfield

1900 River Road, Clearfield, PA  
Monday - Saturday  
8:00 AM - 8:00 PM  
Sunday - 9:00 AM - 5:00 PM  
814-765-0221 for appointment

### Full service

- Physicals
- DOT physicals
- Work-related injuries
- Return-to-work services
- Drug and alcohol testing: urine, breath alcohol, hair sampling
- Vision testing
- Audiometric testing
- Nursing services
- X-rays
- EKGs
- 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
- 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

### DUBOIS

#### QCare DuBois

621 S. Main Street, DuBois, PA  
Monday - Saturday  
8:00 AM - 8:00 PM  
Sunday - 9:00 AM - 5:00 PM  
814-299-7520 for appointment

#### Services

- DOT physicals
- Work-related Injuries

### HUNTINGDON

#### QCare Huntingdon

7651 Raystown Shopping Center  
Huntingdon, PA  
Monday - Friday  
8:00 AM - 7:30 PM  
Saturday & Sunday  
8:00 AM - 4:00 PM  
814-643-8750 for appointment

#### Services

- DOT Physicals
- Work-related Injuries

### PHILIPSBURG

#### QCare Moshannon Valley

271 Railroad Street, Philipsburg, PA  
Monday - Saturday  
8:00 AM - 8:00 PM  
Sunday - 9:00 AM - 5:00 PM  
Walk-in No Appointment Needed  
814-342-1170

#### Services

- DOT physicals
- Work-related Injuries

### PUNXSUTAWNEY

#### QCare Punxsutawney

21911 Route 119, Punxsutawney, PA  
Monday - Saturday  
9:00 AM - 7:00 PM  
Walk-in No Appointment Needed  
814-249-7001

#### Services

- DOT physicals
- Work-related Injuries

### RIDGWAY

#### Ridgway Community Medical Building

250 West Main Street  
Ridgway, PA 15853  
Monday - Friday  
8:00 AM - 4:00 PM  
814-788-5647 for appointment

#### Full service

- 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

### ST. MARYS

#### QCare St. Marys

761 Johnsonburg Road, St. Marys, PA  
Monday - Saturday  
8:00 AM - 8:00 PM  
Sunday - 9:00 AM - 5:00 PM  
Walk-in No Appointment Needed  
814-788-8777

#### Services

- DOT physicals
- Work-related Injuries

### TYRONE

#### Penn Highlands Tyrone

187 Hospital Drive, Tyrone, PA  
Monday - Friday  
7:00 AM - 3:00 PM  
814-684-6388 for appointment

#### Full service

- 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
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  - Proper lifting techniques