

# 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 Clearfield and Ridgway, and additional services are offered throughout our service areas..

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

### CLEARFIELD

#### QCare Clearfield

Clearfield Community Medical Building  
1900 River Road, Clearfield, PA 16830

#### 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

Monday – Saturday – 8:00 AM – 8:00 PM

Sunday – 9:00 AM – 5:00 PM

*Closed Easter Sunday, Thanksgiving and Christmas Day*

814-765-0221 for appointment

## DUBOIS

### QCare DuBois

DuBois Community Medical Building  
621 S. Main Street, DuBois, PA 15801

- **DOT physicals**
- **Work-related Injuries**

Monday – Saturday – 8:00 AM – 8:00 PM

Sunday – 9:00 AM – 5:00 PM

*Closed Easter Sunday, Thanksgiving and Christmas Day*

814-299-7520 for appointment

## HUNTINGDON

### Urgent Care

7651 Raystown Shopping Center Drive  
Huntingdon, PA 16652

- **DOT Physicals**
- **Work-related Injuries**

Monday – Friday – 8:00 AM – 7:30 PM

Saturday & Sunday – 8:00 AM – 4:00 PM

Open most holidays

814-643-8750 for appointment

## PHILIPSBURG

### QCare Moshannon Valley

Moshannon Valley Community Medical Building  
271 Railroad Street, Philipsburg, PA 16866

- **DOT physicals**
- **Work-related Injuries**

Monday – Saturday – 8:00 AM – 8:00 PM

Sunday – 9:00 AM – 5:00 PM

*Closed Easter Sunday, Thanksgiving and Christmas Day*

*Walk-in Clinic No Appointment Needed*

814-342-1170

## PUNXSUTAWNEY

### QCare Punxsutawney

Punxsutawney Community Medical Building  
21911 Route 119

Punxsutawney, PA 15767

- **DOT physicals**
- **Work-related Injuries**

Monday – Saturday – 9:00 AM – 7:00 PM

*Closed Holidays*

*Walk-in Clinic No Appointment Needed*

814-938-2602

## RIDGWAY

### QCare Ridgway

Penn Highlands Elk – Ridgway Campus  
104 Metoxet Street, First Floor, Ridgway, PA 15853

#### 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**

Monday – Friday 8:00 AM – 4:00 PM

*Closed Holidays*

814-788-5647 for appointment

## ST. MARYS

### QCare St. Marys

St. Marys Community Medical Building  
1100 Million Dollar Highway, St. Marys, PA 15857

- **DOT physicals**
- **Work-related Injuries**

Monday – Saturday – 8:00 AM – 8:00 PM

Sunday – 9:00 AM – 5:00 PM

*Closed Easter Sunday, Thanksgiving and Christmas Day*

*Walk-in Clinic No Appointment Needed*

814-788-8777