The **OCCUPATIONAL HEALTH DEPARTMENT** at Penn Highlands Elk is here 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 staff is here to alleviate the burden to 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**

**104 METOXET STREET**
**RIDGWAY, PA 15853**
**814-788-5647**

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

**OUR STAFF:**
- Nurses
- Certified Technicians
- MRO (Medical Review Officer)
- Physician & Physician Assistants
- Nurse Practitioners
- Physical and Occupational Therapists