



Pen Y Lôn
Occupational Health

www.penylon.co.uk

OCCUPATIONAL HEALTH Services Overview

About Pen Y Lôn

Pen Y Lôn have taken a fresh approach to the provision of Occupational Health Services. Our aim is to provide flexible, easy to access services which will exceed your current expectation of what Occupational Health should deliver. Whether your occupational health requirements are large or small, as a local supplier we will take the time to understand your business needs in order to provide an approachable, personalised and efficient service.

Pen Y Lôn is a private healthcare company which provides occupational health services, training and consultancy. We understand that companies have different needs with regards to Occupational Health provision. This is determined by the size of the company, how many people it employs and the type of business it undertakes.

In order to meet these varying needs, Pen Y Lôn offer a three level package to ensure that you are receiving the most cost effective service for your company.

Level 1 – Telephone & Email Support

This service is provided at a fixed annual fee and allows managers to contact Pen Y Lôn for advice and professional support when faced with difficult workplace health issues.

Level 2 – Ad-hoc Occupational Health Services

A highly flexible and cost effective solution allowing companies to purchase services individually as they are required without the need for a fixed term commitment.

Level 3 – Managed Occupational Health Service

A fixed term commitment to provide occupational health services within an agreed framework. This would include;

- Free occupational health survey
- Free telephone and eMail support
- Dedicated account manager



Occupational Health Professionals

Our team of experienced occupational health professionals includes;

- OH Physicians,
- OH Advisors,
- OH Nurses,
- OH Physiotherapists,
- Counsellors & CBT Therapists.

Telephone: 01352 752444

enquiries@penylon.co.uk



Occupational Health Services

Sickness Absence Management

- Sickness absence toolkit
- Referral following extended or repeated short term absence
- Advice on DDA (Disability Discrimination Act)
- Reasonable work adjustments
- Case management
- OH Advisor, Physician & Nurse (on-site / off site)
- Managed return to work programmes

Health Surveillance

- Pre-employment & exit medicals
- Hearing surveillance
- Vision screening (DSE)
- Lung function testing
- Skin surveillance
- Hand-arm vibration (HAVS)
- HGV and FLT driver medicals
- Night/Lone worker assessment

Stress Management

- Stress management toolkit
- Case management
- Counselling
- Cognitive behaviour therapy (CBT)

Physiotherapy & Ergonomics

- Assessment and treatment
- On-site clinics
- Ergonomic assessment
- Manual handling assessment
- Display screen equipment (DSE)
- Return to work programmes

Health and Wellbeing

- Cardiac rehabilitation
- Health promotion
- Exercise at work
- Aids and equipment

Training & Consultancy

Training Courses

- Manual Handling Training
- The Biology of Manual Handling
- Managing the DDA
- Managing Workplace Stress
- Sickness Absence Workshop

Consultancy Services

- Implementing a sickness absence toolkit
- Implementing a stress management toolkit
- Case conferences

Contact Pen Y Lôn on 01352 752444 or enquiries@penylon.co.uk for further details.

Pen Y Lôn provide a comprehensive range of Occupational Health services to meet the requirements of employers and their employees.

Pen Y Lôn Occupational Health

Maximise Employee Potential