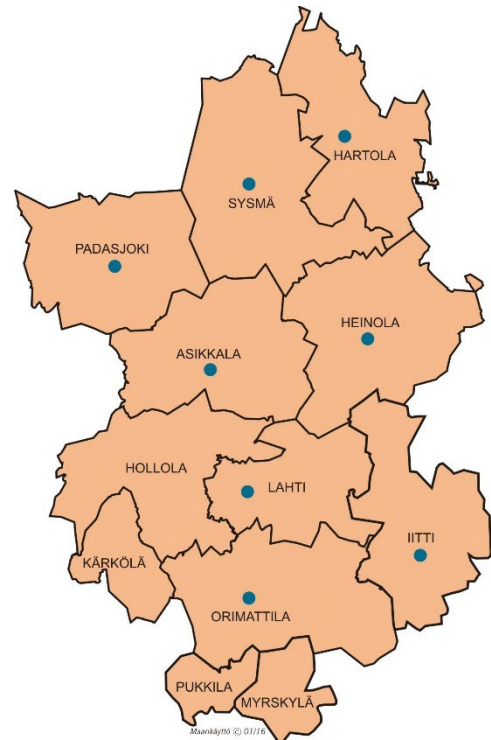


Occupational Health care organized by Työterveys Wellamo

Occupational health, Työterveys Wellamo has eight (8) offices. You can take care of pressing matters at the office closest to you.

In Lahti, we are located at Saimaankatu 23.

You have to make an appointment for all your receptions.



Telephone appointment

Customer service/centralized appointment booking
03 881 1006

mon – thursday 7.30 am – 4 pm

fri 7.30 am – 3 pm

Occupational health care professionals work at Työterveys Wellamo. Each employer-client has its own occupational health nurse and occupational health doctor who are familiar with the working conditions. The multiprofessional service of occupational health care is also offered by occupational physiotherapists and occupational health psychologists, whose reception you can also book by telephone appointment. An occupational physiotherapist works especially as an expert in physical work, functional capacity and ergonomics. An occupational health psychologist supports the job developer and the workplace in the stress factors and challenges of working life and everyday life. Occupational health care is focused on occupational health. Medical care services are focused on illnesses that weaken the employees' work ability. Our main aim is to support the employees' work ability and the functioning of work communities.

What is occupational health care?

Every employee is entitled to occupational health care, regardless of the nature or duration of the employment relationship. Occupational health care is a service provided and paid for by the employer. Occupational health care promotes a healthy workplace environment and safe working conditions. The aim of occupational health care is to support an employee's work capacity throughout his/her working career.

The aims of occupational health care are

- providing a healthy and safe working environment
- preventing work-related illnesses
- maintaining and promoting employees' work capacity and functional capacity.

Health examination

Your occupational health care service must give you a health examination when it is suspected that your work involves a health risk, for instance because of unbalanced physical loads or psychosocial overload. You yourself may request a health examination from occupational health care if there is a justifiable cause to investigate your workload.

Health examinations also help support the early identification and prevention of substance abuse and referrals to treatment or support services.

As an employee, you are required to attend occupational health care health examinations arranged by your employer for a justifiable cause.

Occupational health care can be included medical care for the employers.

Guidance and advice as workplace support

Providing information, guidance and advice are key statutory functions of occupational health care. Their purpose is to provide employers, employees and other actors at the workplace with information and skills concerning occupational safety and health, and further to promote the adoption of attitudes and practices conducive to occupational health at the workplace.