

INDUSTRIAL ATHLETE TRAINING

Workers in manufacturing, heavy industry and many service industries are often required to perform at high levels of physical exertion, in jobs that demand strength, stamina, and flexibility on a daily basis. Industrial Athlete training blends principles from the field of biomechanics with fitness concepts employed by professional athletes around the world. Administered by trained, certified athletic or personal trainers or specialists with similar skills, DORN's Industrial Athlete program helps workers understand how the physical demands of the job affects their bodies, and provides coaching to help employees improve their fitness so that they can perform their jobs without suffering an injury. We help keep your people productive and happy while reducing the costs associated with injuries and absenteeism.

Why Industrial Athlete Training Matters

Across virtually every industry, employers lose hundreds of thousands of dollars each year simply maintaining the health of their workforce. Musculoskeletal injuries account for a huge portion of these costs, and too often, these injuries are preventable. The statistics are sobering:

- Musculoskeletal disorders require an average of 11 missed work days for treatment and recovery
- MSDs account for about 600,000 injuries each year
- 34% of missed work days can be traced to an MSD-related injury

Industrial Athlete Training Includes

□ Assessment

DORN coaches assess your employees' performance through the lens of physical fitness and utilize that data to design an individualized plan for each worker or group of workers performing similar tasks. Using biomechanics training, work hardening, and individual work with specialists, DORN tracks and supports each individual's progress towards pre-established goals. We accumulate information and data to report back to management on a regular basis, progress and hurdles.

□ Biomechanics Coaching

DORN-certified IA trainers and coaches from our nationwide network of specialists assess employee behaviors and task techniques for risk factors and hazards. Using this information, we create a custom program designed to help your workers improve their body mechanics in the most critical areas required by their job, while catching and correcting early symptoms and risky behaviors before they become costly injuries.

□ Work Hardening

As part of a robust wellness program, we offer work hardening techniques within the context of an industrial athlete training program. While typically used to help employees return to work, the progressive model used in work hardening programs boosts the effectiveness of athletic and biomechanics training, keeping workers in prime condition to perform their job tasks and remain healthy in the long term.

□ Personal Training

DORN trainers work individually with employees to teach safe self-care techniques and best practices, utilizing the principles of sports medicine to keep workers in good physical health. Working with a personal trainer can result in fewer injuries, better mental health, and lower fatigue levels among your employees.



About DORN Companies

For nearly 20 years, DORN has led the cutting edge of workplace safety solutions, offering holistic, proactive strategies to help organizations in all sectors reduce injuries, cut costs, and boost productivity. With a whole-person approach to safety that evaluates Body, Behavior, and Environment, DORN deploys custom-built solutions based on trusted science and the expertise of a nationwide team of workplace safety specialists. Whether through ergonomic assessments, PainFree treatments, biomechanics programs, technology solutions or coaching and training, DORN solutions significantly enhance organizational efficiency and employee effectiveness while improving the overall culture of the organization. With an annual ROI of nearly 600% and a reach of over 40,000 employees, we have saved employers over \$100 million in workers' compensation and healthcare claims and costs.

Contact us to learn more:

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