

POST-PANDEMIC RETURN-TO-WORK SOLUTIONS

If your business is one of the many forced to shut down or send workers home during the COVID-19 pandemic, it's likely that your employees will need extra support as they return to their jobs and settle back into their on-site routines. Many will experience pain or discomfort from long periods working at home, where ergonomic best practices can't be enforced; others in more physically demanding roles may need extra strength and conditioning support as their bodies readjust to the rigors of daily work. Still more, whether they've been furloughed or asked to work from home, have dealt with unusual stressors and environmental conditions that have a considerable impact on employee mental health and overall wellness.

DORN's range of return-to-work programming is here to help you through this transition with a suite of solutions tailored to the needs of employees returning to work after the COVID-19 crisis. Designed to improve mobility and body mechanics, address pain, and encourage self-care by employees, our return-to-work services can be customized for the specific demands of your workforce.

Implemented as you are restarting or ramping up operations, DORN's solutions can help you reduce potentially higher injury rates and pain levels from the layoff while alleviating stress for employees and helping keep your budget in good shape.

Keep injuries from derailing the successful reopening of your business.

Benefits of DORN Post-Pandemic Return-to-Work Solutions

- Improve strength and conditioning for workers whose bodies have likely adjusted to longer periods of inactivity, raising the likelihood of injury after returning to work
- Alleviate back, neck, and shoulder pain among employees whose work-from-home situations didn't include ergonomic best practices
- Boost overall employee wellness and health by easing employees through the transition back to work with holistic support from expert providers

Return-to-Work Service Options:

- **Conditioning and body mechanics:** Help employees prepare their bodies for the exertion of everyday work with body mechanics and conditioning training programs designed for specific job roles or departments. Specialists provide real-time guidance to correct mechanical issues and potentially harmful behaviors to reinforce techniques that may have gone unused during the shutdown.
- **Work Hardening:** We'll work with your employees on an individual or departmental basis to ease the immediate burden of returning to work and help employees rebuild the strength, flexibility, and focus they might have lost during time away.
- **Pain Management:** PainFree therapy sessions of 15 or 30 minutes per worker target both the symptoms and the underlying physiological causes of work-related pain—in this case, helping employees reduce pain from working at home without ergonomic equipment or best practices.
- **DORN On-the-Go App:** Our cloud-based mobile health app offers a deep collection of exercises that employees can access both at home and at the job site. Providers and managers can custom-build exercise plans for workers to target their individual fitness needs while encouraging ongoing self-care.



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 100,000 employees, we have saved employers over \$100 million in workers' compensation and healthcare claims and costs.

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