



On-Site Injury Prevention and Ergonomics Services

Service Locations

Over 100 providers in over 60 locations.*



*If we are currently not in your location, we will recruit and train Certified PainFree Specialists within 60 days or less to accommodate your safety and ergonomic needs.

For nearly 20 years as the country's leading wellness-based pain management and injury prevention company, DORN has helped multinational manufacturing and service organizations, universities, and municipalities keep their employees out of the healthcare and workers' compensation systems. Using a combination of on-site manual therapy, custom education, ergonomic and technology solutions, DORN focuses on the elimination of pain and discomfort caused by musculoskeletal disorders or soft tissue injuries.

Typical Program Results: 3-Year Average

DORN's PainFree™ programs provide an evidence-based, proactive approach to helping employers prevent and manage employee pain, absence, presenteeism, and turnover. Our pre-claim programs deliver significant reductions in medical and workers' compensation claims and costs while reducing lost productivity associated with musculoskeletal injuries.

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 costs.



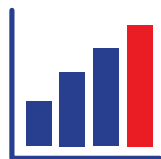
70+%

Pain Level
Reduction



60%

Would have seen
HC Professional



59%

Productivity
Gain



44%

Medication
Reduction



40%

Absenteeism
Reduction



60%

Workers' Comp
Reduction

2017-2019 Results

Benefits of DORN Services

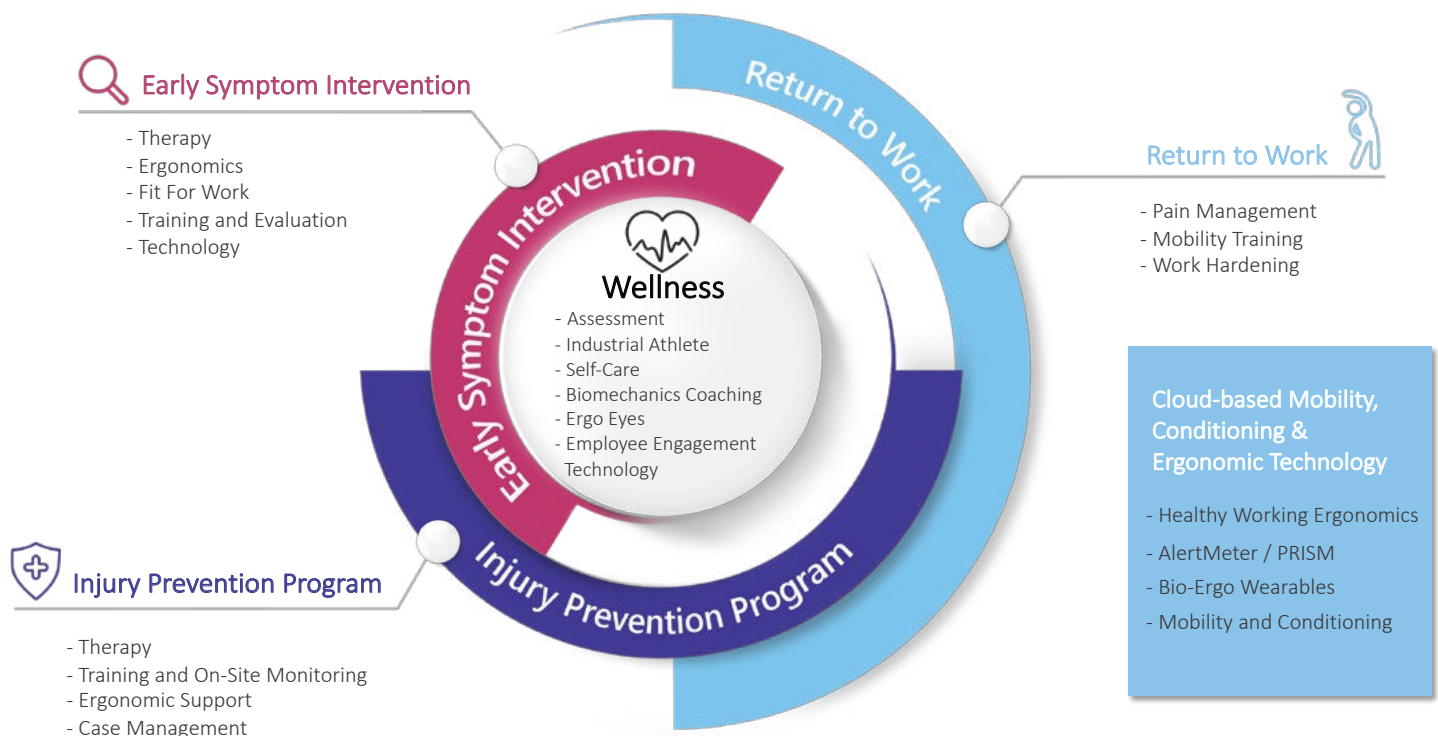
- Prevent workers' compensation claims
- Decrease costs from claims and healthcare
- Measurable results with high ROI
- Lower absenteeism
- Reduce medication usage
- Reduce OSHA recordables
- Increase employee morale
- Boost productivity
- No light duty or prescription medications used
- Easily incorporated into wellness programs

DORN Integrated Service Model

BBE Philosophy: Employee Centric Pain Management Model

BBE combines an array of services to address all facets of workplace wellness: **Body, Behavior, and Environment**. Our multipronged, integrated approach utilizes detailed observational data to implement solutions towards physical health, improved training in healthy workplace safety practices, and an up-to-date work environment. This 360-degree approach is carefully applied to cultivate and maintain a healthy and safe workplace where workers are engaged and costs are low.

The broad, flexible approach of the BBE model consistently delivers improvements across all elements of the workplace question. With demonstrated success in preventing musculoskeletal and other injuries and mitigating chronic pain, this versatile strategy boosts productivity from workers by promoting a culture of safety and education across all departments and work types. The numbers bear out the results: **partners report a 600% annual return on investment** in BBE programs, with reduced absenteeism, medication usage, and costs associated with workers' compensation and healthcare. DORN programs look to Empower organizations and their employees through a series of defined Engagement and Education solutions to achieve maximum outcomes.



CORE Services

Base Level

- DORN Therapy 1X-2X/Wk
- Curbside Biomechanics Coaching/Monitoring 1X-2X/Wk
- General Risk Monitoring
- Monthly Report On Findings And Suggested Corrections

Premium Level

- DORN Therapy
- C + M
- Ergolite Assessments Limited To Work Related
- Biomechanics Training (Small Groups And/Or Individual)
- Case Management

Industrial Athlete Level

- DORN Therapy
- C + M
- Unlimited Ergolite Assessments
- Biomechanics & Technique Training (Group And/Or Individual)
- Pre-Shift Conditioning And Department Specific Mobility Programming
- Access To Virtual Self Care Support
- K-Taping /1St Aid
- Transitional Return To Work
- Case Management

Add-Ons

- Train The Trainer Programs
- Virtual Self-Care Support
- Desktop Ergonomics
- Ergonomic Consulting
- Wearable Bio-Ergo
- Fatigue Management
- POET
- Return To Work Program
- Work Conditioning/Hardening Program
- Branded Safety Messaging

DORN is staffed with PainFree Specialists, Athletic Trainers, PTAs, and Certified Industrial Ergonomic Evaluators.

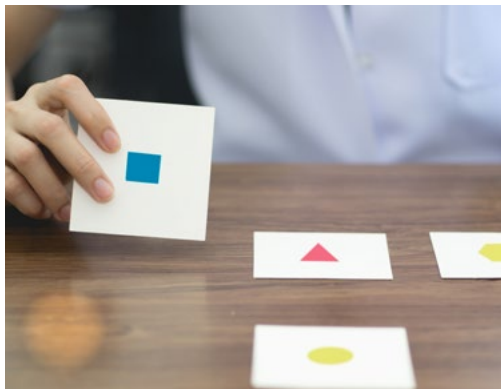
DORN On-Site Services



Fit for Work Testing

Physical

We developed the POET (Post Offer Employment Testing) system to provide employers with security when they make personnel decisions. After a Certified Ergonomic Specialist analyzes the job to determine its essential functions and demands, we create custom tests for each role that determine a new hire's physical aptitude for the position. Hires can take the test conveniently at a local clinic or on-site if space permits.



Cognitive

Our predictive software establishes a baseline of cognitive performance for workers, which employers can use to gauge the risk of fatigue. The results can help employers predict and manage fatigue, alleviating the risk of injuries and keeping drug testing and claims costs down. Less fatigue means less turnover and absenteeism, better productivity, and a healthier culture in the workplace.



Hands-On Therapy

Our PainFree and PeakPerformance treatments provide on-site care for employees facing job-related pain or discomfort, aiming to reduce absenteeism and improve performance while avoiding costly injuries and workers' comp claims. Delivered on-site in 15 or 30 minute increments, employers will see immediate results in decreased incident rates, reduced claims, and increased productivity.



Pre-Shift Conditioning and Mobility Programs

Help employees prepare their bodies for work with body mechanics and conditioning training programs tailored to specific roles or departments. DORN specialists prepare custom pre-shift regimens that focus on maximizing each worker's potential before they begin work, transforming employees into industrial athletes.



Technique/Biomechanics Training

After careful analysis of a department's functions and required tasks, our Specialists design a program consisting of classroom work and on-the-floor practical training with workers to instruct them on the healthiest, safest ways to do their jobs, encouraging a culture of safety and mitigating the risk of injury. Teaching employees proper body posture and positioning along with the correct ways to lift, push, pull and sit will reduce significantly all forms of incidents including costly back injuries. These trainings are usually conducted in groups of 10 on an annual basis with periodic refreshers.



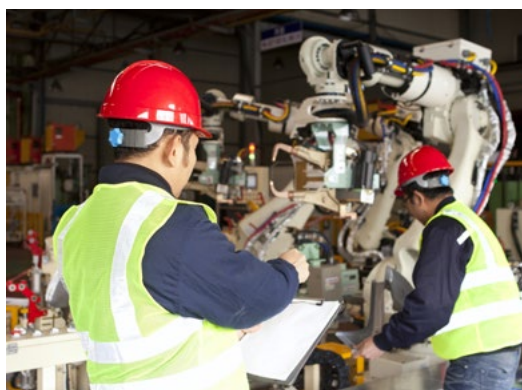
Curbside Coaching and Monitoring

Real-time feedback can be the most impactful element of a workplace wellness program. Our expert staff remains on-site after therapy has ended to catch potentially dangerous behaviors or work practices in the moment and correct them before injuries can occur. The DORN Specialist will also monitor employees on the job floor to track potentially hazardous job functions or environmental factors, allowing you to correct problems with strong work practices before they become costly. You will receive a monthly report of the major risks identified or avoided, along with recommendations for systematic and structural changes to increase overall safety.



Return-to-Work Solutions

Utilizing our nationwide network of manual therapy specialists, DORN provides support throughout all stages of the return-to-work process, from pain management and mobility training to work hardening and conditioning. Our return-to-work solutions are custom-tailored to the specific needs of each worker, minimizing the need for prescription medication after an injury and reducing the possibility of presenteeism, fatigue, and extended absences.



Ergonomic Reviews and Assessments

A high-level review of a department, facility, or worksite, our ergonomic assessments provide a thorough evaluation of the work environment and the tasks being performed by employees, identifying potential hazards before they can cause injuries. The review highlights risk factors including outdated equipment, dangerous task design, and common poor techniques shared by workers, creating a roadmap toward safety improvements across your organization.



COVID-19 Preparedness Audit

DORN's COVID-19 Preparedness Audit brings the expertise of certified safety professionals, ergonomists and health care providers to your workplace to ensure that your business is effectively managing safety hazards and disease prevention guidelines resulting from the coronavirus pandemic.



Post-Pandemic Return-to-Work Solutions

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.



Safe Resident Handling for SNFs and ALFs

DORN's Safe Resident Handling program is tailored to the specific needs of nursing homes, ALFs, and SNFs. A DORN specialist will evaluate the job site and the tasks required of its workers and create a biomechanics training regimen that will teach workers the safest ways to move, lift, roll, and transport residents. With training in proper body mechanics and safe techniques, you can mitigate the risk of injury to RNs and CNAs and reduce the associated workers' comp and healthcare costs.

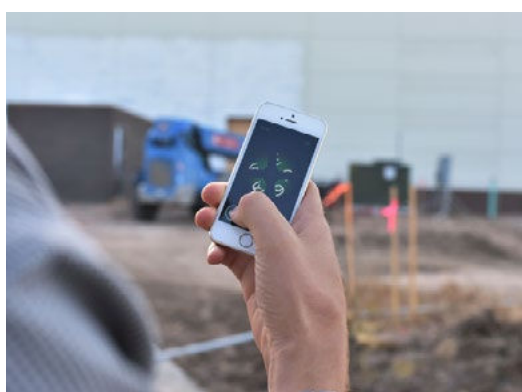
Safety Technology and Virtual Solutions



Technology

Healthy Working Office Self-Assessment/Self Correction Software

Healthy Working is a science-based software tool that provides employers with the means to educate and train their employees, especially those in office or desk-based work environments, to better manage their own safety and wellness.



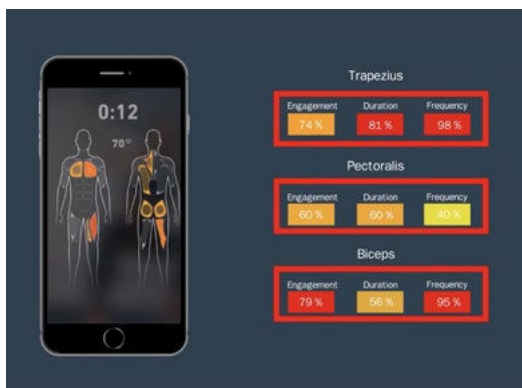
Predictive Fatigue Technology: AlertMeter and PRISM

DORN supplies technology-based predictive safety solutions that aim to help you create effective safety and fatigue management plans. Start by measuring the employee's alertness levels before, during, and after a shift, creating a fatigue profile at the individual level that identifies dangerous drops in alertness levels throughout the day that can then predict the specific times during the day when a particular worker is at the greatest risk for fatigue.



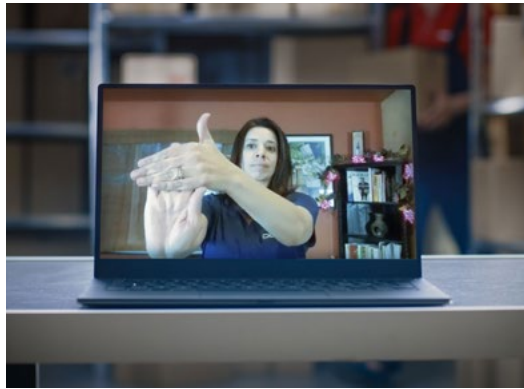
DORN On-The-Go Self-Care App

With over 700 exercises targeting every part of the body, DORN's cloud-based app provides tools to help alleviate discomfort or pain before it escalates into an injury or other issue that requires an employee to miss work. DORN specialists evaluate job functions to create custom exercise plans that target the muscle groups most affected. DORN On-the-Go features push notifications to remind employees to keep up with their exercises, along with back-end analytics to help you effectively manage employee wellness.



Wearable Ergo-Aware Technology

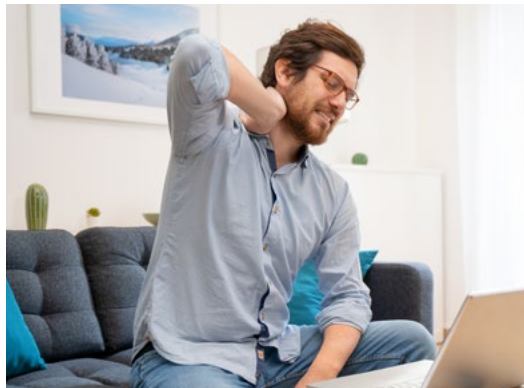
DORN's wearable technology provides real-time data and analysis of worker behavior, including force expended by individual muscle groups, creating a detailed picture of the work done by each employee and identifying risk factors for injury and fatigue as they occur throughout the shift.



Virtual Solutions

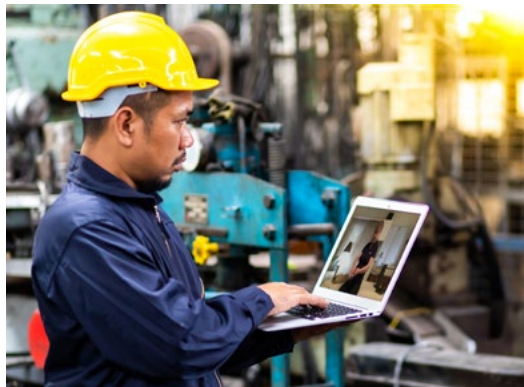
Virtual Self-Care Massage

DORN's Virtual Self-Care Massage Training empowers your workers with the knowledge and technique to care for their bodies when access to other wellness services is limited. Through short video call sessions conducted via videoconferencing software, DORN specialists provide one-on-one instruction in a detailed range of self-care techniques designed to massage sore muscles and joints, relieve pain and promote effective work practices.



Virtual On-Site and Office Ergonomics Evaluations

DORN's virtual ergonomic evaluation brings the expertise of a certified ergonomist to your worksite or employees' home offices without the need for in-person interaction. Through assessments of just 30 to 60 minutes, workers receive real-time instruction to help them set up a safe workspace at home and address proper body mechanics, posture, and strategies for minimizing pain and injury risk.



Live Virtual Mobility & Conditioning

Our web-based interactive virtual training delivers the injury-prevention and wellness benefits of on-site coaching without the need for non-employee providers at your facilities. Focused on the most critical areas of injury risk for front-line employees, our specialists connect live with your workers to provide essential pre-shift mobility and conditioning exercises through a simple digital interface.

Safety Education



ErgoAware Training

Our ErgoAware program is designed to help those closest to the work identify risks and take steps to reduce or eliminate those potential hazards. A combination of classroom and hands-on practical training delivers a complete understanding of how workers can put these safety concepts into action.



Branded Safety Messaging

Developed by our partner PhD safety and behavior change specialist, our branded print and video materials put your stamp on the workplace safety issue and deliver useful information to your employees that fits your specific company culture.



Industrial Athlete Training

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.



The DORN technique is like magic.

*West Coast Regional EHS
Manager at Saint-Gobain Corporation*



*The DORN program was a key component that allowed Solar Gard
to win a national award for going all of 2016 injury free.*

EHS Manager at Solar Gard

Trusted by



**United
Technologies**

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