

VIRTUAL SELF-CARE MASSAGE TRAINING

Between employees working from home and lone workers out in the field, thousands of businesses across the country now rely on many employees to stay focused and productive without traditional oversight. But the more relaxed home environment can lead to lapses in safety technique and ergonomic practices, and lone workers face a host of stressors that can cause pain and discomfort.

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.

Benefits of DORN Virtual Self-Care Massage Training

- Help employees address their own pain and discomfort before injuries or MSDs occur
- Improve focus and productivity with simple, easy-to-follow self-care techniques
- Connect with home-based employees to reinforce wellness practices

How Does It Work?

Simply follow the steps below to set up a virtual self-care massage training session with a Senior Provider or Ergonomic Specialist.

1. Set up a program with your DORN specialist
2. Schedule 30-minute sessions up to twice per week
3. Sign into Skype at your scheduled time



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.

Contact DORN Companies to bring Virtual Self-Care Massage Training to your employees today:

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