



Self-Care Plus

by DORN Companies

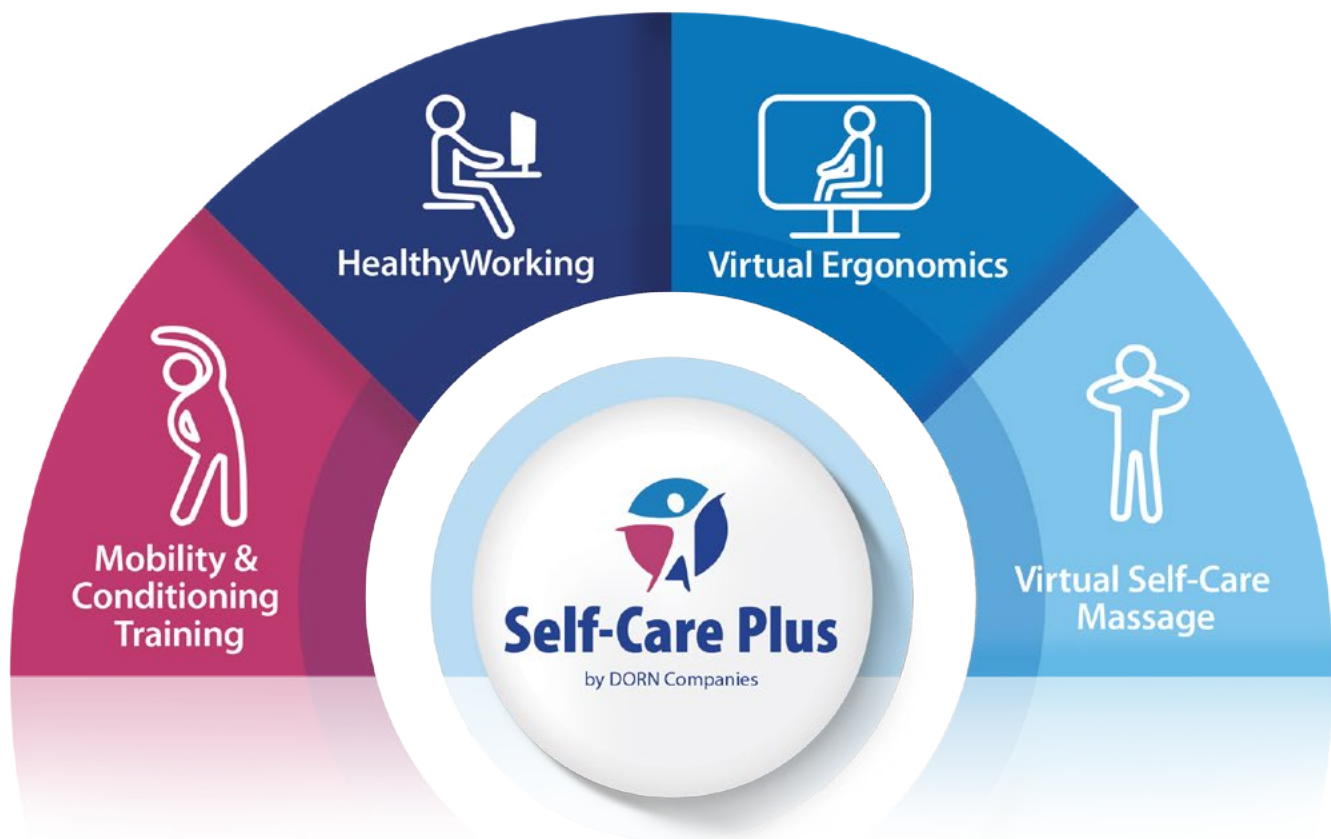
Virtual Wellness & Safety Solutions For Tech Workers



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WHY CHOOSE DORN'S SELF-CARE PLUS?



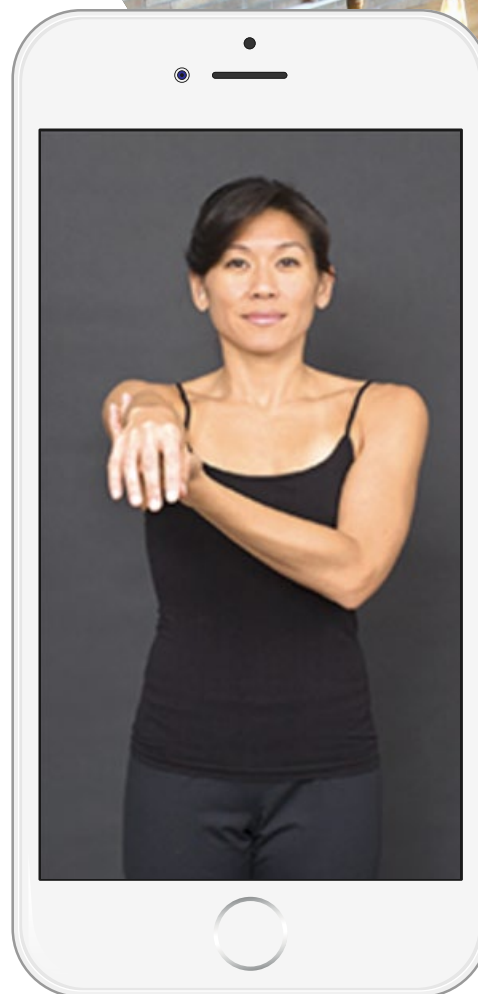
- Relieve pain and discomfort without doctor's visits or prescription medication
- Implement ergonomic standards and best practices even in employees' homes, reducing MSD risks
- Help boost employees' engagement with their work and cut down on expensive turnover
- Improve morale, mental health, and quality of life for employees
- Save hundreds of thousands of dollars on workers' compensation, OSHA recordables, and indirect costs of MSDs and chronic pain

WORKPLACE SAFETY WITH MINIMAL INTRUSION

Reduce pain levels, boost focus and engagement, cut turnover, and improve overall employee morale with DORN's Self-Care Plus Program. Designed especially for employers with large office or computer-based workforces (remote or on-site), our comprehensive wellness and safety suite delivers personalized self-care techniques, virtual ergonomic assessments, desktop support software, and exercise plans tailored to improve mobility and conditioning for your employees.

Self-Care Plus includes:

- **Virtual ergonomic support**
 - Includes virtual ergonomic assessments for employee workstations at home or on-site
- **HealthyWorking ergonomic software**
 - Provides training and reinforcement of safe postures and body mechanics, along with detailed data profiles to inform ergonomic improvements
- **Mobility & conditioning training**
 - Loaded with hundreds of exercises that can be arranged into personalized exercise plans based on specific employee health and risk factors
- **Virtual self-care massage**
 - Connects employees with certified massage therapists who teach simple, intuitive physical self-care techniques to help workers relieve their pain and discomfort



Our suite of virtual wellness solutions can be customized to fit your operations, delivering rapid return-on-investment and helping cut injury rates among your employees, regardless of their work environment.

LIVE VIRTUAL MOBILITY & CONDITIONING TRAINING

Even when on-site training is not possible, DORN's team of certified trainers, ergonomists, and specialists is ready to help keep your employees safe and injury-free.

Our virtual mobility and conditioning program provides live training for groups of up to 20 employees in 30-45 minute sessions. A live training session designed for supervisors provides the tools for managers to identify risky employee behaviors, including corrective strategies and preventative techniques.

- Proven, effective training strategies to keep employees safe and healthy even when on-site coaching is not possible
- Video webinars are easy to set up and provide responsive guidance to front-line employees
- Specialized training for supervisors to help foster long-term safety and support for workers

Help your industrial athletes learn proper positioning for movements via virtual training sessions.



Live training for groups of up to 20 employees.

HEALTHYWORKING™

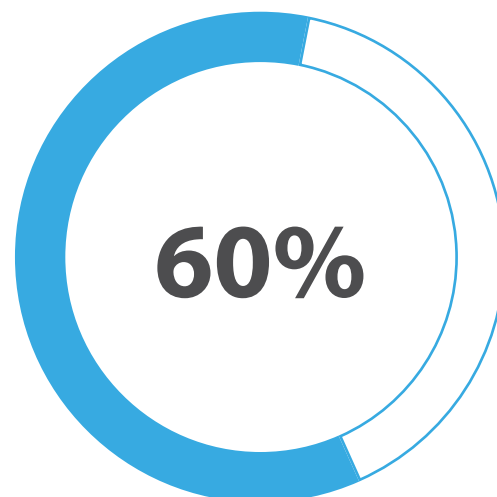
Employees working in office environments, from home, or in other remote work situations don't always have the advantages that come with ergonomic workstations, and being outside of the office environment can lead to bad habits and potentially risky behaviors.

HealthyWorking powered by Cardinus, our desktop self-assessment/self-correction ergonomics software, can be adapted to help employees working from the office and offsite avoid repetitive strain injuries or musculoskeletal disorders that result from poor posture. Regular reminders and quick training exercises can reinforce best practices and keep employees engaged with their safety, even while away from the office.



- Helps employees address the sources of their discomfort or pain even when offsite
- Reduces risk of musculoskeletal injuries and RSIs
- Boosts employee engagement with their safety and productivity
- Reporting tools allow employers to address those with the highest risk and monitor improvements being made

Trusted by over 1,000 organizations worldwide, including Fortune 500 companies.



Up to 60% of your risk will be resolved at this stage.

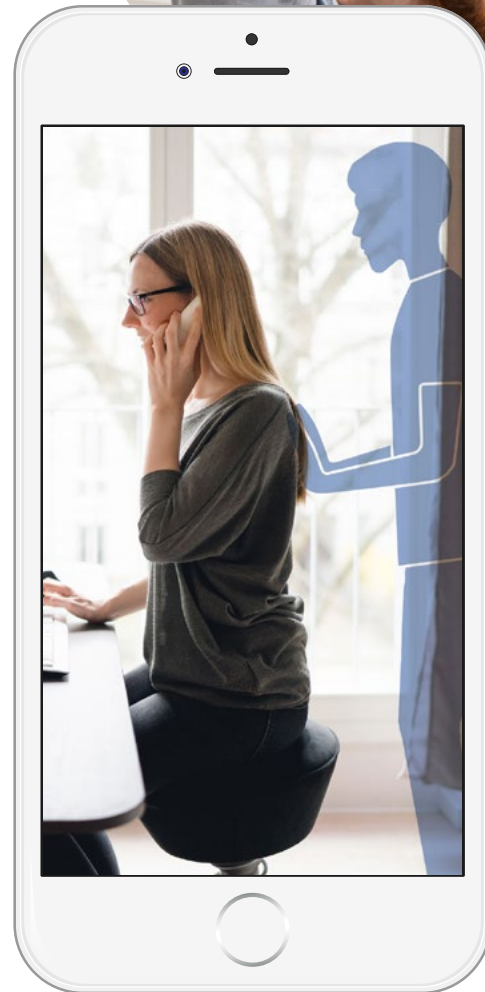
VIRTUAL HOME AND ON-SITE OFFICE ERGONOMIC EVALUATION

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. Offering personalized guidance based on each worker's needs, our specialists connect directly with your employees to set up an ergonomically safe workspace. Providers tackle every facet of the workstation, using live video conferencing technology to observe the workspace and determine the ideal height and arrangement of seating and work surfaces.

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.

Benefits of Virtual Ergonomic Evaluations:

- Reduces pain, discomfort, and injury risk from poor posture and lack of ergonomic standards in home offices
- Targets risk factors for musculoskeletal and repetitive strain injuries
- Reinforces best practices and proper body mechanics without introducing person-to-person interaction
- Boosts productivity and morale among employees who may be disconnected from the organization as a result of working from home
- Provides written post-assessment report to help you implement safety improvements on a wider scale



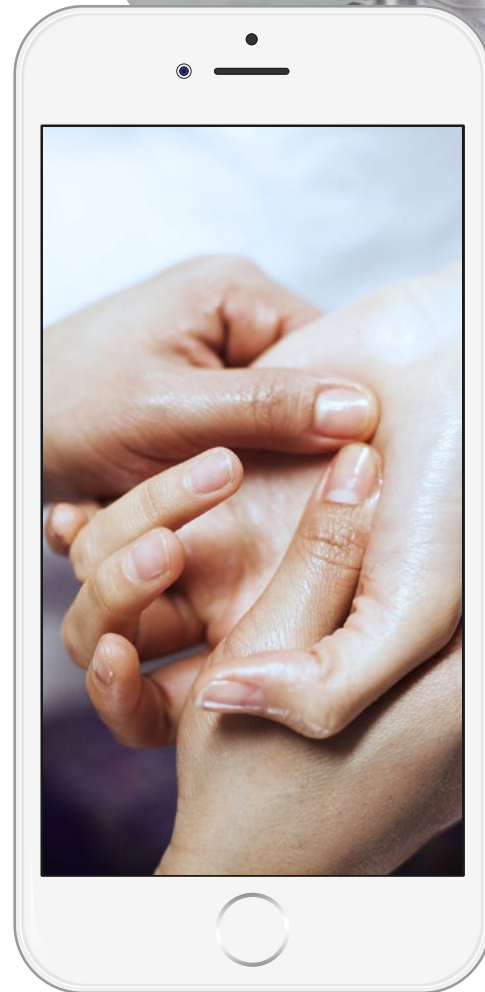
VIRTUAL SELF-CARE MASSAGE TRAINING

This short-and-sweet program packs a wealth of useful ergonomic knowledge and self-care techniques into four easy 30-minute online sessions, helping employees set up ergonomically safe workstations, care for their bodies, and address aches and pains before they become injuries.

Through short video call sessions conducted via videoconferencing software like Skype or Zoom, 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:

- Connect one-on-one online with certified massage therapists who specialize in relieving pain and discomfort in the back, shoulders, neck, and arms
- Evaluate individual employee workstations at home or on company property for ergonomic risk factors that cause pain
- Learn proven self-care techniques that employees can use for the rest of their lives



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

If you'd like to learn more about our virtual wellness and safety services or you're interested in seeing a full demo for your organization, please contact us:

(888) 870-8828

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