DORN

BIOMECHANICS & TECHNIQUE TRAINING

Why just work when you can work like an athlete? Biomechanics, a combined study of movement and motion that blends science from the fields of physics, anatomy, engineering, and biology, informs and shapes the world's greatest athletes as they train for their sports. We consider athletes the most fit people in the world—so why not bring that level of ability to the workplace?

When it comes to worker safety, no solution is too complex. At DORN, our Specialists and care Providers, based on-site in your worksite, are equipped to bring your employees the high-level athletic principles that help keep sports stars avoid injury and improve strength and mobility. Combining classroom study with on-the-floor practical training, our Specialists will provide instruction to teach workers the safest ways to achieve the most common motions required in their jobs while increasing flexibility, strength, and stamina.

Benefits of Biomechanics and Technique Training

Back and musculoskeletal injuries are on the rise, thanks in part to the aging of the workforce and restrictive investment abilities in proactive safety solutions by employers. Back injuries alone can cost from $40,000 to $80,000 per incident, while chronic pain accounts for some $635 billion in costs to employers nationwide each year. Now more than ever, organizations need innovative, science-based solutions to the injury epidemic.

DORN's biomechanics and technique regimens are flexible and can be tailored to match the needs of workers in virtually any environment, from heavy manufacturing and industry to construction, aviation, and cargo transportation. Classroom training educates employees on the most common hazards they face from the specific motions required of their jobs, while practical sessions bring workers face-to-face with a certified provider who can evaluate the individual's needs and provide customized guidance and coaching to correct poor movement techniques. Lifting, pushing, pulling, carrying, and bending are common drivers of musculoskeletal injuries, but with training that treats workers like athletes and reinforces professionally tested training methods and techniques, you can equip workers with knowledge and physical resilience to help them avoid injuries and perform their jobs at a consistently high level. Just as important as movement techniques but often overlooked is proper body positioning to be used even with an ergonomic lift or exoskeleton. Proper positioning is a major element of all DORN training, allowing workers to perform their tasks effectively and without injury.





About DORN Companies

For nearly 25 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 120,000 employees, we have saved employers over $150 million in workers' compensation and healthcare claims and costs.

Empowerment through Education & Engagement

Contact us to learn more:

(888) 870-8828
info@DORNcompanies.com
www.DORNcompanies.com