



On-Site Injury Prevention and Ergonomics Services

DORN
Innovative Healthcare Solutions

Service Locations

Over 100 providers in over 40 locations.*



*If we are currently not in your location, we will recruit and train certified PainFree Providers 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

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 nearly 40,000 employees, we have saved employers over **\$100 million** in workers' compensation and healthcare costs.



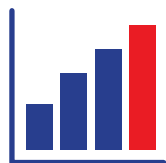
60%

Pain Level
Reduction



65%

Would have seen
HC Professional



50%

Productivity
Gain



42%

Medication
Reduction



59%

Absenteeism
Reduction



600%

Annual ROI
using DORN

2015-2017 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's BBE Model

BBE combines an array of services to address all facets of workplace wellness: **Body, Behavior, and Environment**. Our multipronged 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.



BBE Model



BODY

- Hands-on Therapy
- Stretching and Mobility
- Posture and Body Mechanics
- Fit for Work
- Triage



BEHAVIOR

- Curbside Coaching
- Technique Training
- Custom Training Videos
- E-learning



ENVIRONMENT

- Site Risk Assessments
- On-Site Monitoring
- ERGOLITE Risk Assessment
- Ergonomics

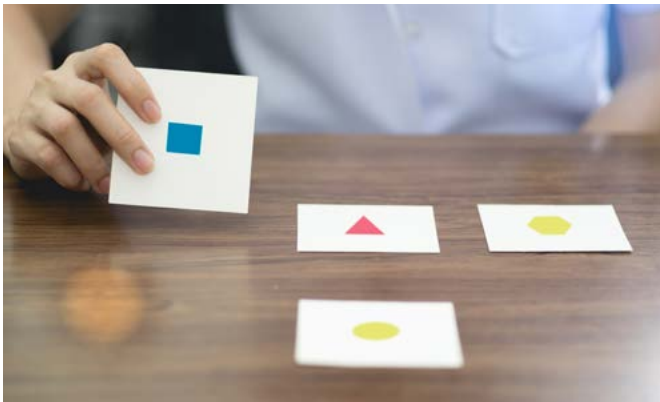
DORN Services 2018-2019



Fit for Work Testing

Physical Testing

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.



Cognitive Testing

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.



Stretching and Mobility Programs

Stretching is a vital part of any workplace wellness program, and our experts are here to educate your workers on the best stretching practices to keep them limber, healthy, and safe from chronic pain or stress injuries. Be it pre-shift warm-ups, customized departmental programs, or individualized wellness initiatives, we have a service that fits the needs of your organization and your workers.



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.



Safe Resident Handling for SNFs and ALF

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.



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.



Ergonomic Reviews and Assessments

ERGOLite and our related ergonomic assessments of the workplace were developed to help employers identify problems at all levels of the work environment, including equipment and storage placement, tool and workstation design, and task-specific techniques, providing you with a roadmap toward a safer workplace. Our **quantitative ergonomic** reviews including the use of wearable technology focused on a specific job or department provide recommendations for change that can save thousands in claims and care costs. We also offer a technology-supported self-assessment that office workers can use to identify their specific risks and make appropriate changes with the help of embedded educational vignettes.

Safety Education and Technology Tools



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.



Technology Solutions

Between cloud-based ergonomic assessment services and a data-driven approach to understanding the risks of your workplace, we leverage modern technology to analyze health and safety outcomes to help you create a detailed plan toward overall wellness. From self-assessment and education for office workers to wearable technology solutions to providing a real-time feedback on the safety and performance of your workers, we have a solution that meets your needs.



Branded Safety Messaging

Psychology of Risk

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.



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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**

TEMPUR+SEALY

Kevin Lombardo, CEO • (888) 870-8828
Kevin@DORNcompanies.com

8740 Lucent Blvd. Suite 400, Highlands Ranch, CO 80129
www.DORNcompanies.com