

# COACHING & MONITORING SERVICE OPTIONS

DORN Specialists join the worksite to monitor every aspect of the environment, from workflows and individual tasks to workstation design and a wide-angle review of the entire work site. Our highly trained assessors will sit in on safety meetings to provide feedback and insight that can lead to cost-saving changes through training and improved ergonomic standards, while also maintaining a presence at the work site throughout normal shifts. Through on-the-spot coaching, DORN Specialists will catch poor task techniques and biomechanical practices and correct these hazardous work behaviors on the spot before they can lead to injuries, chronic pain, or fatigue. We correct the people's dysfunctional body behaviors which can cause significant injury risk.

## Benefits of On-Site Monitoring and Curbside Coaching

Whether you operate a large manufacturing facility or a fully-staffed office, maintaining a safety-focused presence in the workplace is one of the easiest ways to foster a culture of wellness and self-responsibility among your employees. Our Specialists provide:

- Detailed assessments of the hazards and injury risks unique to your workplace
- Real-time correction of dangerous practices and behaviors
- Guidance toward a holistic safety culture across the entire worksite
- Monthly reports to management reflecting current injury risks and suggestions for improvement
- Immediate ROI for companies facing high levels of injury risk

## Services Included

### □ Biomechanics/Technique Training:

A DORN Specialist will review the specific needs of your site and prepare a custom-tailored training program designed to teach employees best practices and proper body mechanics, focused on the motions that pose the greatest risk of injury: lifting, bending, pulling, pushing, and reaching. Training can also be performed at the departmental level for greater specialization.

### □ Conditioning and Mobility:

Prepare your workers for the rigors of the day with pre-shift conditioning routines designed to fit the specific needs of workers in individual departments. Learn the difference between conditioning and stretching by [clicking here](#).

### □ ERGOAware Training:

A combined program of classroom and on-the-floor training, our ERGOAware program educates employees on how ergonomics affect their health and safety, encouraging them to take charge of their wellness on the job.

### □ ERGOLite Mini Ergo Assessments:

DORN Specialists are trained to conduct individualized small-scale ergonomic assessments of specific workspaces, and will deliver detailed reports on workstation hazards and potential risk factors that can lead to injury.



## 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 40,000 employees, we have saved employers over \$100 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

## COACHING & MONITORING SERVICE OPTIONS

DORN offers two levels of coaching and monitoring.

### Basic:

- On-site observation and identification of environmental and behavioral risk factors
- Coaching in one-on-one or small group settings to improve movement techniques (ideal for sites with minor MSD injury issues)
- Monthly hazard reporting for local site management

### Premium:

- All services in Basic package
- Increased focus on individual employee workstations and movements
- Prioritized therapies for workers exhibiting high risk of injury or suffering from a previous injury
- Individual and small-group movement assessments and biomechanic instruction tailored to each worker's daily routine
- ERGOLite workstation assessments geared toward determining risk for individual workers, with reports delivered after just 3-4 business days



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