

## TRAINING TOOLS

Often, the most effective way to keep workers safe is to empower them with the knowledge and tools they need to take charge of their health, both on the job and at home. An effective injury prevention program, whether focused on musculoskeletal disorders, chronic pain, or fatigue, starts and ends with training that provides employees with a foundation of knowledge and hazard awareness.

DORN's safety training services are about more than just checking off a box for new hires. Our approach is broad-based and holistic, based on data analysis and informed by a detailed understanding of the specific needs of your workforce. From construction and manufacturing to air transportation, shipping, and office settings in all industries, employee training is most effective when tailored directly to the work being done by your employees every day. Using on-site coaching from certified Specialists and cutting-edge cloud-based software, we equip workers with the resources to improve their own safety and health by addressing risky behaviors and helping employees better navigate the inherent risks of their environment.

### Training Service Options:

#### □ ERGOAware:

A custom-built course designed to improve employee awareness of ergonomic hazards and best practices, the ERGOAware program combines classroom sessions with on-the-floor practical training and demonstration, tackling the risky motions and bad habits that can lead to injuries or chronic pain.

#### □ Biomechanics & Technique Training:

Focused on relieving strain placed on muscles and joints from overexertion and poor movement habits, our technique training is based in the applied science of biomechanics and provides real-time coaching to help workers accomplish their tasks and minimize the risk of injury.

#### □ Desktop Ergonomics:

DORN's ergonomic training software, labeled Healthy Working, is an award-winning solution to the stress and strain afflictions that can keep office workers away from the job, costing you thousands in claims and lost productivity. By minimizing the amount of time required to take the courses and integrating the experience into the worker's everyday routine, you can help build safe practices and eliminate the root causes of ergonomic injuries.



### 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.

### Empowerment through Education & Engagement

Contact us to learn more:

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