

PRE WORK SAFETY STRETCHES



Without a doubt, pre- work stretching has numerous physiological benefits

- Stretching reduces fatigue
- Stretching improves muscular balance and posture
- Stretching improves muscular coordination Increased mental and physical relaxation.
- Reduced injury to soft tissue and muscle groups.
- Reduced soreness and tension.
- Increased flexibility.
- Enhanced physical fitness.
- Relieves stress.

Reducing risk of soft tissue injuries through a pre shift stretching program is a smart and proactive way to prevent injuries.

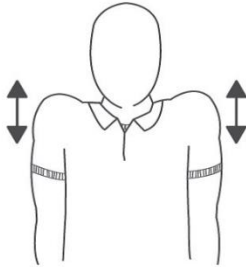
Our Employees are important to us, and we care about their health and wellness... Safety is our first priority.

Safe Procedures

When stretching, be sure to:

Stretch before each shift, after lunch, and as needed throughout the day especially if you feel your muscles tighten up. Stretch slowly, and do not bounce. Hold each stretch for 10 to 20 seconds. Stretch your hands, arms, legs, back and neck. Always repeat your stretch (do two sets). This will increase your flexibility. Stretching can be a valuable tool in helping reduce injury and muscle soreness. Being in a labour-intensive work environment, stretching will help gain flexibility, reduce muscle soreness, and promote physical fitness.

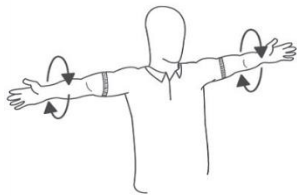
- Stretch at your own pace. Do each stretch slowly and smoothly. No bouncing.
- Stretch to the point of comfortable tension, then relax and hold the stretch.
- If a stretch causes pain in joint area, stop stretching and make sure your technique is correct.



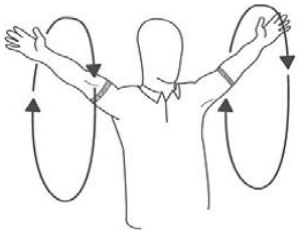
Shoulder Shrugs- Shrug shoulders up, hold and relax



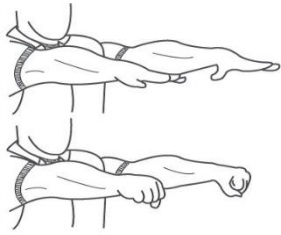
Shoulder Rolls– Roll shoulders up and back. Switch direction.



Small arm circles–Move arms in small circles. Switch direction.



Large arm circles–Roll arms in large circles. Switch direction.



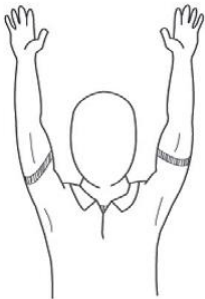
Hand stretch–Make fists. Hold it. Open hands wide. Repeat motion to the front, sides and above head. Switch direction.



Wrist stretch–Bend your wrist upward and then downward. Hold it.



Neck stretch–Grasp top of head and bend your neck gently. Hold it. Switch sides.



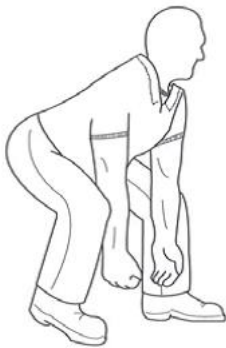
High reach–Reach arms up high. Hold it.



Rotation stretch—Reach up high and rotate at the hips in both directions..



Backward bend—Hands on hips, bend your back, shoulders and head backward.



Squat—Use a wide stance. Maintain balance, bend to squatting position. Hold it.



Hamstring stretch—Support upper body with hands on knees. Stretch hamstring. Hold it