STRETCHES

Where feasible, please remove your hard hat while stretching.

NECK
- SIDES OF NECK
  - TURN
  - TILT
- BACK OF NECK
  - BACK

SHOULDER
- SHOULDER ROTATION
- SHOULDER SHRUG
- SHOULDER SQUEEZE

ARMS
- FOREARM FLEXOR
- FOREARM EXTENSOR

HANDS
- FINGER STRETCH
- HANDSHAKE

BACK
- BACK OVERHEAD
- BACK BEND

FEET
- TOE POINTS

HAMSTRING
- LEGS
- THIGH
- HIP FLEXOR

FOOT ROTATION

• Do these exercises frequently (at least once per hour).
• Do not rush them. Take your time.
• Remember to breathe. Breathing reduces fatigue.
• Hold stretch to the comfort point for a count of 10.
• Maintain good posture while stretching.
• Discontinue a stretch that causes abnormal discomfort. (Initial tension should lessen with a stretch not increase.)

Are you doing the same task for long periods of time?