

UPPER BODY STRETCHES

MAKE
"TAKING CARE
OF YOURSELF"
A PRIORITY

Where feasible, please remove
your hard hat while stretching.

GENERAL DRIVING GUIDELINES

Adjust your mirrors.
Use an armrest.
Never sit on your wallet.
Sit equally on both buttocks.
Keep your shoulders and arms
down and relaxed.

NECK

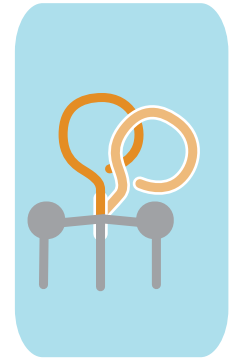
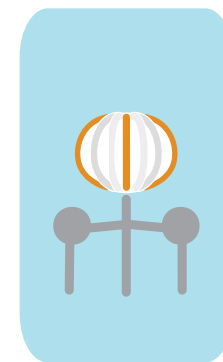
BACK OF NECK



SIDES OF NECK

TURN

TILT



HANDS

FINGER STRETCH

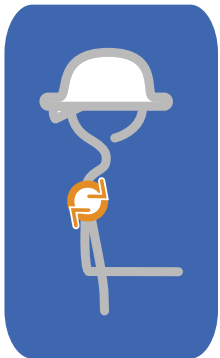


HANDSHAKE



SHOULDER

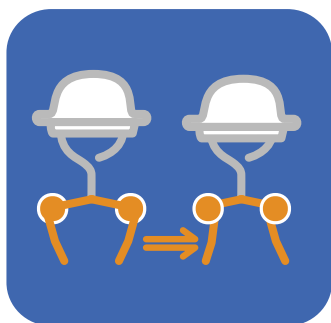
SHOULDER ROTATION



SHOULDER SHRUG



SHOULDER SQUEEZE



ARMS

FOREARM FLEXOR FOREARM EXTENSOR



Keep elbows slightly bent.

Adjust your headrest.

- Place hands on steering wheel at the 9 o'clock and 3 o'clock position.
- Avoid gripping the steering wheel too tightly.

Adjust seat back to angle of 100-110 degrees.

- Adjust lumbar support.
- You should have 2-4 fingers space behind the back of your knees and the seat edge.
- Adjust your seat so your feet can easily rest on the foot pedals with your heels supported on the car floor.
- Knees should be slightly bent to ensure easy access to all pedals.

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

- 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.)