MAKE "TAKING CARE OF YOURSELF" **A PRIORITY**

UPPER BODY STRETCHES

Where feasible, please remove your hard hat while stretching.

GENERAL DRIVING GUIDELINES

Adjust your mirrors.

Occupational Ergonomics integrated. customized. effective



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SHOULDER



SHOULDER ROTATION

- Slowly rotate both shoulders backward for a count of 10.
- Then slowly rotate both shoulders forward for a count of 10.
- Repeat three times.

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

- Sit or stand with arms hanging loosely at sides.
- Gently tilt head forward to stretch back of neck.



SHOULDER SHRUG

- · Sitting up straight, slowly bring your shoulders up.
- Hold, then bring your shoulders down and hold.
- Repeat three times.

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.



SIDES OF NECK (TURN)

- Sit or stand with arms hanging loosely at sides.
- Turn head to one side, then the other.



SHOULDER SQUEEZE

- Gently push your shoulders back.
- · Hold for a count of three.
- · Relax.
- Repeat three times.



SIDES OF NECK (TILT)

- Sit or stand with arms hanging loosely at sides.
- Tilt head sideways, first one side, then the other.

ARMS



FOREARM FLEXOR

- Extend arm
- Bend hand up at the wrist (do not use other hand to pull)
- You should feel the stretch in the underside of the forearm.

HANDS



FINGER STRETCH

- Stretch fingers of both hands wide.
- Slowly close them as you bring fingers together into a relaxed fist.
- Stretch fingers again.
- Hold for a count of three.
- Repeat three times.



FOREARM EXTENSOR

- Extend arm
- Bend hand down at the wrist (do not use other hand to pull)
- · You should feel the stretch in the front forearm.



- 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.



HANDSHAKE

- Put your hands to your sides with your fingers pointing down.
- · Shake them gently.

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

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