

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

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

SIDES OF NECK (TURN)

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

SIDES OF NECK (TILT)

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

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.

SHOULDER SHRUG

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

SHOULDER SQUEEZE

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

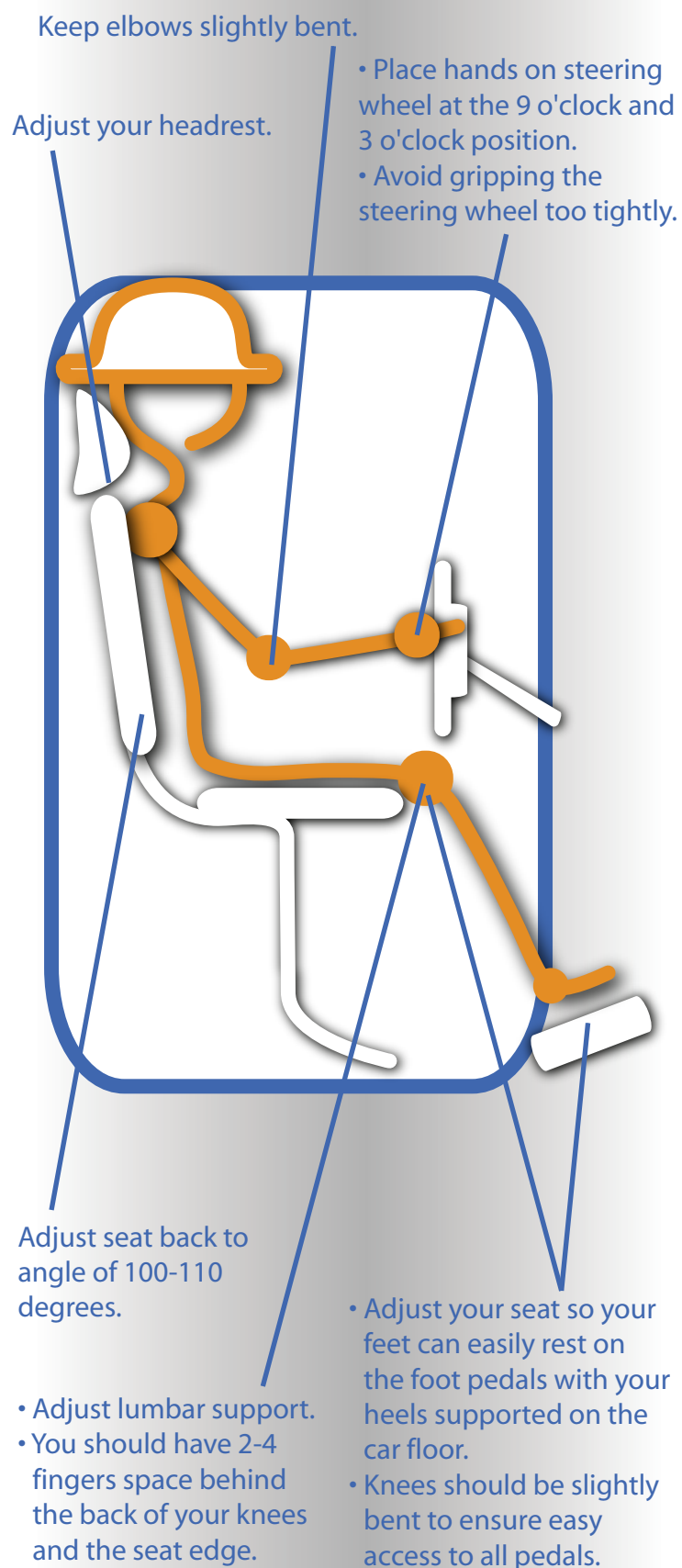
ARMS

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.

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.



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.

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).
- 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.)