

LOWER BODY STRETCHES

MAKE
"TAKING CARE
OF YOURSELF"
A PRIORITY

Where feasible, please remove
your hard hat while stretching.

GENERAL LIFTING GUIDELINES

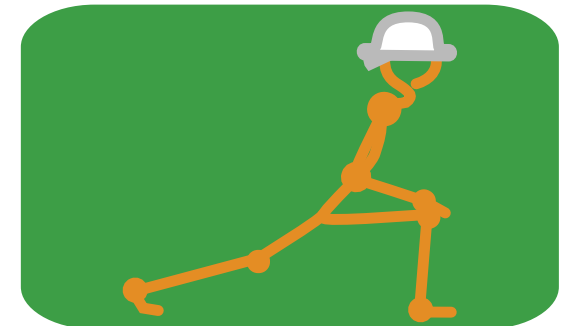
Maintain the natural curves of your spine.
Avoid trunk twisting.
Keep the load close to the body.
Use a wide base of support.
Use your legs.

Stop!

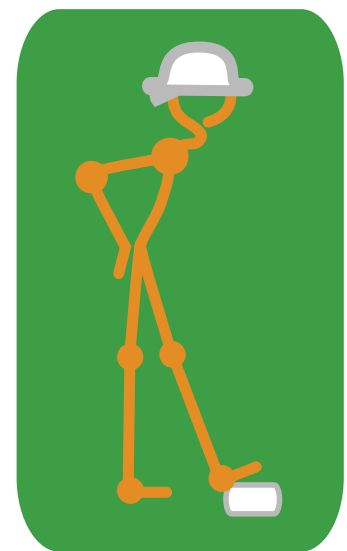
Evaluate the load, environment and yourself.

LEGS

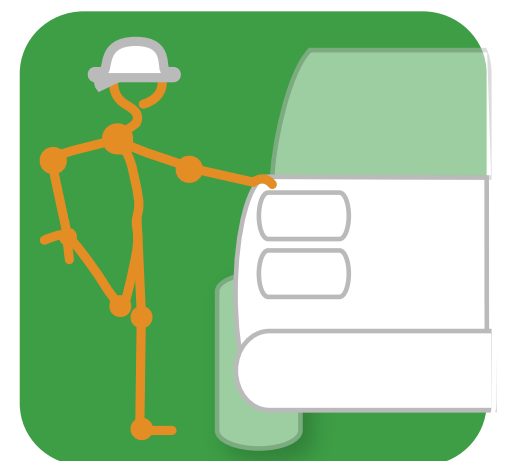
HIP FLEXOR



HAMSTRING

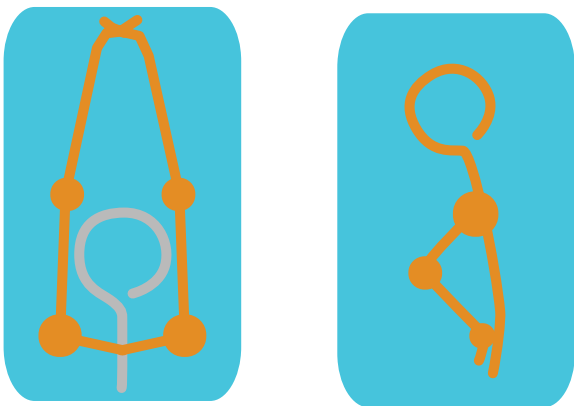


THIGH



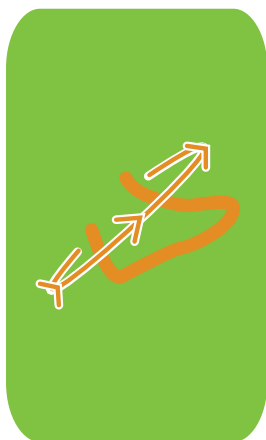
BACK

OVERHEAD BACK BEND



FEET

FOOT ROTATION

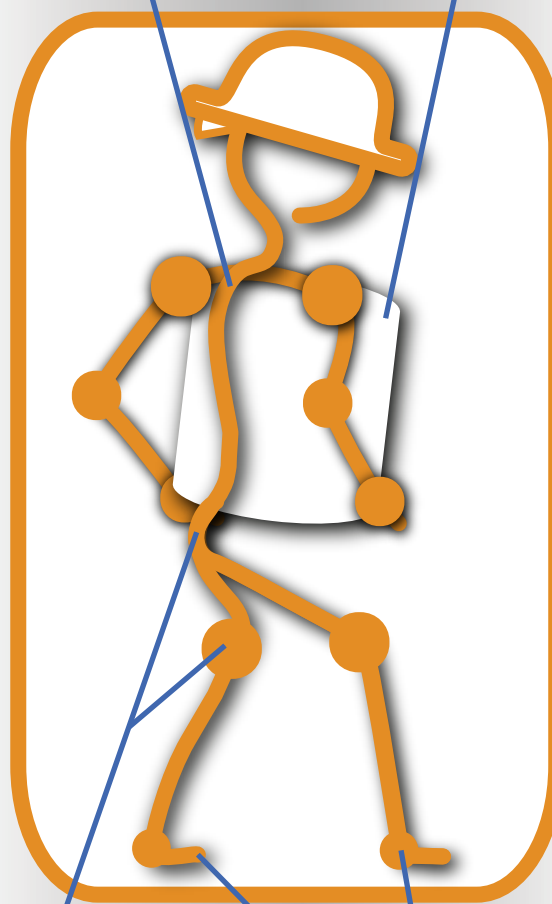


TOE POINTS



Maintain the natural curves
of your spine.

Keep the load close to
the body.



- Knees and Hips should move the most.
- Arms and trunk stay fixed in position.
- Feet shoulder width apart
- Staggered stance - one foot a half a step forward .
- Avoid trunk twisting.
- Point your toes in the direction you are going.

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.)