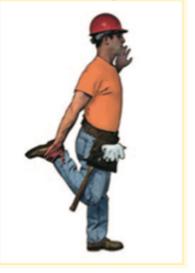


Work Station Breaks

Any safety professional knows that sprains and strains are anything but small problems. Many parts of your job are physically demanding and may lead to discomfort. Done consistently, these stretches can compensate for awkward positions (such as working overhead or bent over), maintain or increase flexibility, and improve circulation. If you feel any discomfort while doing any of these stretches, stop doing the stretch(es) immediately and check with your healthcare provider before continuing.

Stretch before and during your workday. Stretch slowly and gently, don't bounce, and don't hold your breath. Hold each stretch 3-5 seconds and stretch both sides.

Stretching at the Workstation

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| <ul style="list-style-type: none"> • Feet shoulder width apart, arms at side. • With one hand, reach up overhead and slowly lean towards opposite side. Keep both feet flat on ground. • Hold for 3-5 seconds. • Return to starting position and repeat twice on each side. | <p>Trunk</p>  | <ul style="list-style-type: none"> • Raise your foot on an elevated surface, at least 10" to 12" high. The truck's running board or an overturned bucket works. • Looking forward, slowly bend at the hip keeping raised leg straight. • Stop when you feel tension and hold 3-5 seconds. • To increase tension, pull toes towards face. • Switch legs and repeat stretch. Do each leg twice. | <p>Hamstrings</p>  |
| <ul style="list-style-type: none"> • Feet shoulder width apart, hands on hips. • Looking straight ahead (don't throw your head back) slowly and gently bend backwards. • Caution—You should feel tension, not pain in the low back. • Hold for 3-5 seconds and don't hold your breath. • Return to starting position and repeat three times. | <p>Lower Back</p>  | <ul style="list-style-type: none"> • Holding on for balance with your left hand, grab your right foot or ankle with your right hand. • Hold for 3-5 seconds and feel the pull in the front of your thigh. • Repeat on opposite side. Do each leg twice. | <p>Quadriceps</p>  |
| <ul style="list-style-type: none"> • Standing up straight, raise your arms with your elbows bent so that your upper arms are parallel to the floor, fingers pointing up. • Slowly squeeze your shoulder blades together and hold for 3-5 seconds. • Return to the starting position and repeat three times. | <p>Chest and Shoulder</p>  | <ul style="list-style-type: none"> • Hold your arms out straight in front of you with your palms facing down. • Make a loose fist with your hands. • Slowly and gently bend your fists down towards the floor. Your knuckles should be pointing towards the floor. • Now, slowly and gently rotate your fists toward the little finger side of your hand. • Hold for 3-5 seconds. You should feel a stretch from the topside of the wrists out to the elbow. • Relax and shake out your hands and arms. • Repeat this stretch three times. | <p>Forearm</p>  |

Resources: <http://www.valleybx.com/>