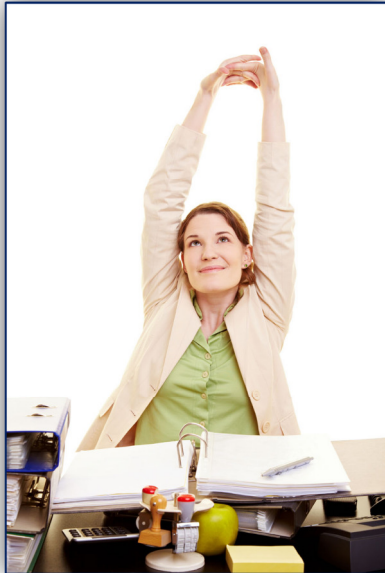
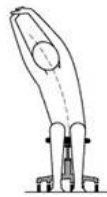


# Stop & Take an **ERGO** Break

## #1: Introduction to Ergonomic Stretching



### Ergo Breaks

One of the best ways to prevent injury, discomfort, and fatigue is to take an **ergo break** – a pause or change in activity that allows muscles, joints, and tissues that have been working to recover and rest. An ergo break could be focusing on a different task, resting your eyes, and most importantly, *stretching*. Muscles that remain in static posture will fatigue, circulation will decrease, and discomfort and pain may occur.

### Stretching

Stretching helps prevent **Musculoskeletal Disorders (MSDs)**, pain and discomfort. It allows your body time to recover, relax, and prepare for the next season. It does the same for the mind, allowing you to relax so you can return with more energy and focus.

### How Often?

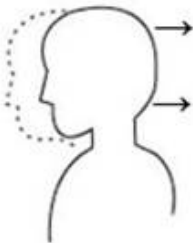
More frequent stretching is preferred over longer breaks. It is recommended that you pause and stretch **at least once per hour**. If you work in front of a computer, it is recommended that you take a 5-minute stretch every 30 minutes.

“

If it is impractical to take a long break, **taking a short break** (even 30 seconds) **is better than none at all!**

Ergo Break Starter Stretch ...

### Head Glide



**Purpose:** To stretch chest, and shoulder muscles

Stand upright. Without lifting your chin, glide your head straight back. You know you are doing this exercise right if it gives you the feeling of a double chin. Hold for 20 counts and repeat 5 to 10 times.

References: <http://www.safetyoffice.uwaterloo.ca/>, <http://www.ccohs.ca/>