

STRETCH & FLEX

Brief Topic Safety Refresher Training For Associates

2024

Pre-Work Stretching

Stretching

If your job includes bending, straining, and lifting, some basic stretches before your day begins may help. The proper way to stretch is to work your way into it. When your muscles are warmed up prior, you are less likely to sustain an injury.

Your body becomes more flexible as you condition it. When you are stretching in the beginning, lean in until you feel the tension. That is the point that you want to stop so you do not injure yourself.

Back

- Bend slowly, side to side (20-30 seconds).
- Place your hands on your lower back, bend your neck back, and arch your back (20-30 seconds).
- Place your legs together and slowly bend down and try to touch your toes (hold for 20 seconds).
- Slowly twist your torso and upper body side to side (20-30 seconds).



Legs

- Spread your legs and bend down and try to touch your shin. (20-30 seconds, each leg).
- Lean towards the wall and support yourself with your arms. Bend your front knee until a gentle stretch is felt along the back of your leg. (20-30 seconds, each leg).



Shoulders

- Extend your arms and make large, slow circular motions with your arm. First forward, then backward (20-30 seconds, each arm).
- Grab the opposite elbow and pull the elbow across your body to stretch your shoulder muscles (20-30 seconds, each arm).



Neck

- Make a slow circular motion by rotating your head, (20-30 seconds, each direction).
- Place your hand on one side of your head and use your neck muscles to push against your hand. (20-30 seconds, each direction).



Forearm Stretch

- Hold the palm of one hand with the other hand, while keeping your elbow straight on the affected arm.
- Pull your hand back gently to feel a stretch in the forearm. (20-30 seconds, each arm)

