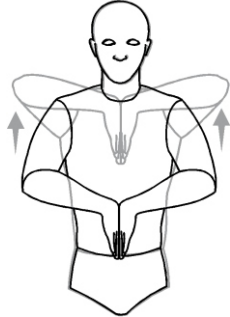
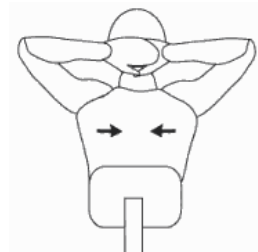




Start standing, with your palms together in front of your chest, just below your chin. Keeping the palms pressed together, slowly lower your hands toward your waistline. Keep your hands close to your body. Continue to push your palms together until you feel a stretch in your forearms.



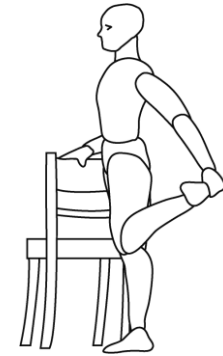
Start with your hands at your waistline. Press the backs of your hands together, bending the hands at the wrist. Slowly raise your arms up until your forearms are horizontal, or are raised to shoulder height. Continue to press the backs of your hands together and feel the stretch in your forearms.



Sit upright in a chair, with your back supported, feet on the floor. Clasp your hands lightly behind your neck. Pull your elbows back and squeeze your shoulder blades together.



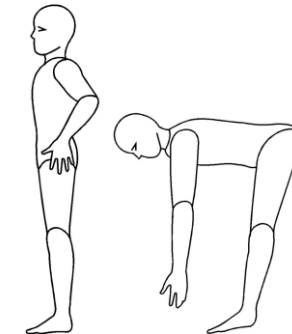
Sit upright in a chair, with your back supported, feet on the floor. Extend your left arm up over your head. Bend your elbow, touching your fingertips to the top of your right shoulder blade. Using your right hand, grasp your elbow and gently pull it down. Repeat for the other side.



Stand straight, your feet shoulder width apart using a chair for support. Bend your left leg at the knee and grasp your foot or ankle with your left hand. Gently pull your left heel towards the buttock. Repeat for the other side.



Stand upright with a straight back and your feet shoulder width apart. Place your hands on your hips. Push your hips forward. Keep your head balanced over your hips and ankles, and keep your eyes looking forward.



Stand with your feet shoulder width apart and knees slightly bent. Place your hands on your waist, thumbs facing forward. Bend forward through your hips, keeping a straight back. Drop your hands and let your arms reach toward floor.



Stand upright with your back straight and feet shoulder width apart. Extend your left leg straight out in front of your body, flex your foot, and point your toes to the ceiling. Support your torso by resting your hands on your thighs, or use a chair for additional support. Bend forward through your hips and feel the stretch in the back of your left leg. Repeat for the other side.

## STRETCHING regularly reduces your risk of injury!

### When Should You Stretch:

- perform stretches before you start work and regularly throughout the day;
- perform stretches prior to performing a job that requires physical exertion (ie: shoveling or lifting); &
- perform stretches at home.

### How to Perform a Stretch:

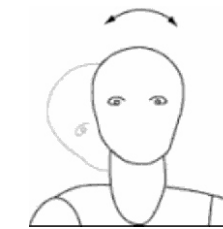
- warm up 2-3 minutes prior to stretching;
- start the stretch sitting/standing in a neutral or upright posture and move slowly into position;
- hold the stretch 10 seconds and repeat 3 times;
- do not overstretch and no jerky motions; &
- stop if you feel pain.



Sit upright in a chair, with your back supported, feet on the floor. Clasp your hands together in front of your chest. Push your arms forward and round out the upper back as you do so. Bend your neck down.



Sit upright in a chair, with your back supported, feet on the floor. Place your left hand on your right knee. Place your right arm behind the backrest of the chair. Use your hand to pull on your knee, and turn your body to the right. Repeat for the other side.



Sit or stand, with your head upright, looking straight ahead. Bend your neck to the right side, as if you are trying to touch your ear to your right shoulder. Repeat for the other side.

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