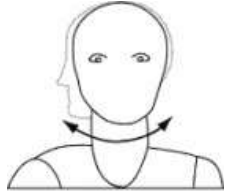


Start from a neutral position. Tilt your head, moving your ear toward your shoulder & hold. Repeat exercise on other side.



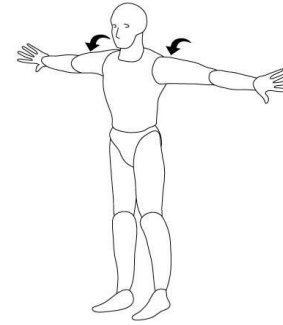
Start from a neutral position. Rotate your head to look to one side & hold. Repeat exercise on other side.



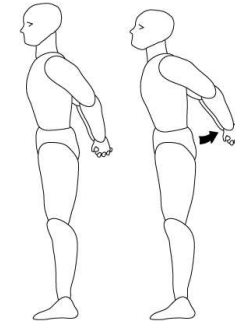
Start from a neutral position. Bring your arm across your body & use your other hand to increase the stretch. Repeat exercise on other side.



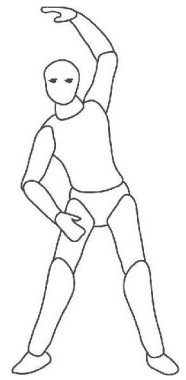
Start from a neutral position. Grasp fingers together, reach and straighten arms overhead, & hold.



Standing tall, reach arms out to the side, with thumbs pointing up. Roll your arms until your thumbs are pointing down. Return to starting posture & repeat.



Standing tall, clasp your hands behind your back. Slowly push your arms without bending forward & hold.



Standing with a wide stance (feet slightly wider than hips). Reach arm up, overhead towards other side & hold. Repeat exercise with other arm.

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; &
- perform stretches at home.

How to Perform a Stretch:

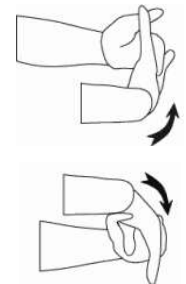
- warm up 2-3 minutes prior to stretching;
- start the stretch sitting/standing in a neutral or upright posture and move slowly into position;
- hold the stretch 10 seconds and repeat 3 times;
- do not overstretch and no jerky motions; &
- STOP if you feel pain.



Hold onto something for balance if needed. Point toes away from body and hold, then pull toes toward body & hold. Repeat exercise with other leg.



Make a fist (palm facing down) with both hands. Slowly spread thumb and fingers far apart from one another, then hook fingers & repeat.



Reach arm straight, with palm facing down. Using your other hand, gently bend hand up until a slight stretch is felt & hold. Return to resting position & repeat bending hand down. Repeat on other side.