



SAFETY TALK

Warm Up Examples

Warm up first. This helps get your muscles warm and loose. A warm muscle is less likely to get injured than a cool one.

March in Place

Stand in position. Pump your arms and legs in opposite directions. Make sure that your heels touch the ground. Continue 3 to 5 minutes.



Arm Circles

Stand with arms raised horizontally and slightly in front of the shoulders. Palms down and feet shoulder width apart. Rotate arms in a forward circular motion for 15 seconds. Relax. Repeat.



CAUTION!!!!!!

Participation is voluntary. If you have any doubt about your ability to do the stretches safely, check with your doctor. If you feel pain, stop immediately.

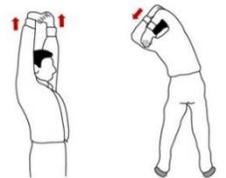
Microstretch Breaks

- Helps reduce muscle tension when caused by muscles remaining static or fixed in one position for too long.
- Helps relieve discomfort due to repetitive movements, awkward postures and excessive force.
- By alternating the types of tasks you perform throughout the day and taking more frequent breaks (at least 1 minute/hour), you can significantly reduce your overall fatigue and the risk of Cumulative Trauma Disorder.
- Though micro-breaks are short, you can stretch, stand up, move around, or do a different work task. A micro-break isn't necessarily a break from work, but it's a break from using a set of muscles repetitively. These can be done while changing tasks, or while walking to a different area.

Stretching Examples- Do each one 2 or 3 times. Holding for 20 to 30 seconds.

Back Stretch

Stand up tall, stretch your hands to the side then over your head taking a few deep breaths. Clasp your hands together in an outward position and stretch as far as you comfortably can keeping your feet flat.



Thigh Stretch

Support yourself with one hand, bend your leg back and grasp your ankle. Gently pull towards your body. Keep your trunk straight! Hold. Then repeat on the other leg.



Hip Stretch

Stand with one foot in front of the other. Place your hands just above the knee of your front leg. Gently bend your front knee. Keep your back foot flat. Hold. Repeat with the other leg.

