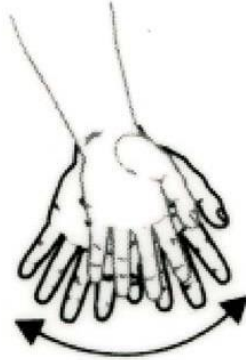
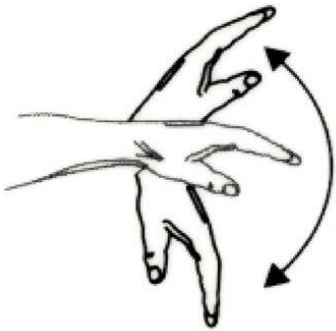


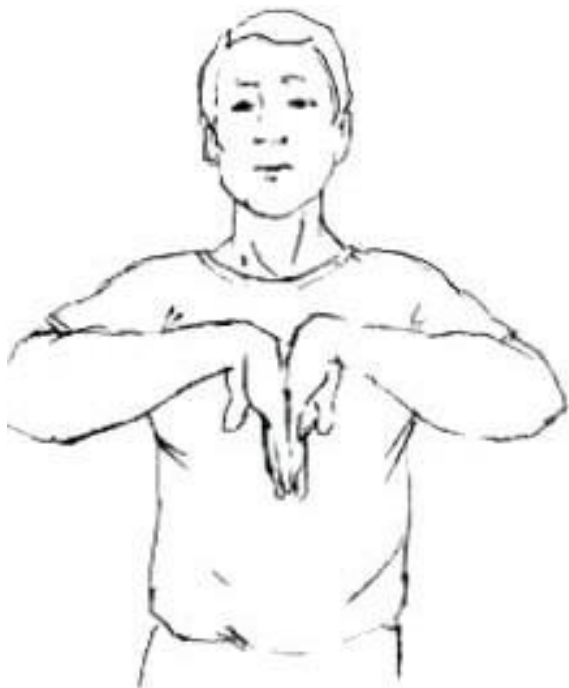
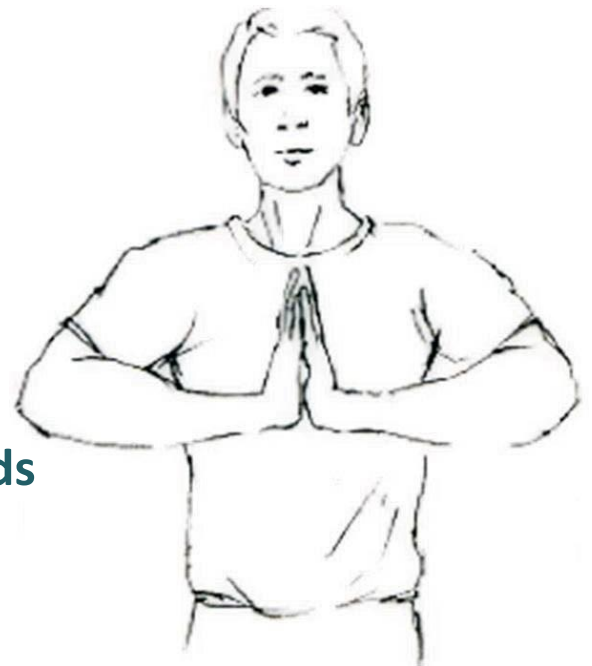
WRIST & FOREARM STRETCH

If you flex, extend or bend your wrist repeatedly or for long periods of time



Then do these stretches:

- ✓ Gently press palms together, stopping when stretch is achieved
- ✓ Hold the stretch for 20 – 30 seconds



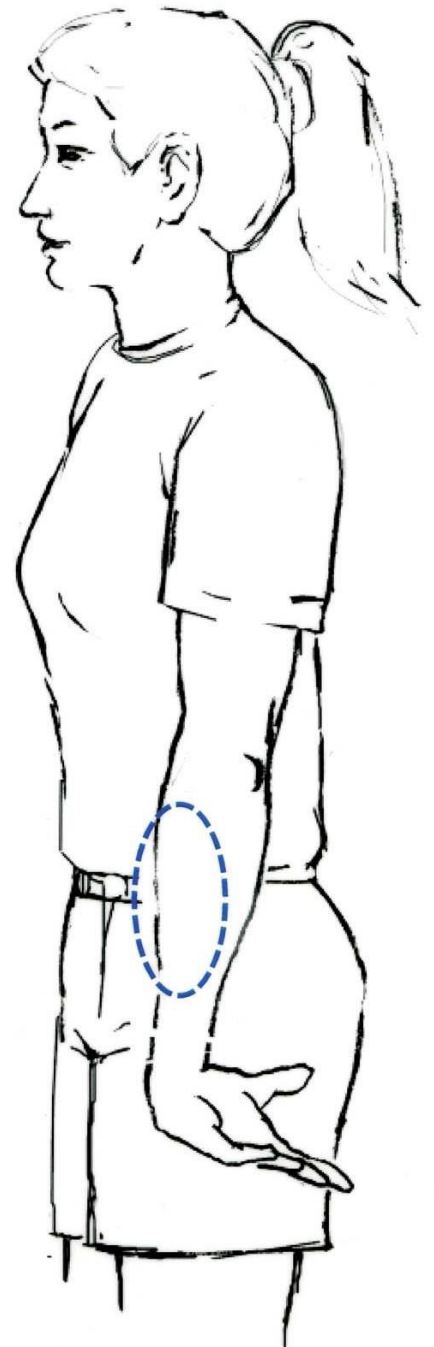
- ✓ Gently push hands together until a stretch is achieved
- ✓ Hold the stretch for 20 – 30 seconds

ELBOW STRETCH

If you use narrow or pinch grips for long periods of time



Or roll your forearm repeatedly

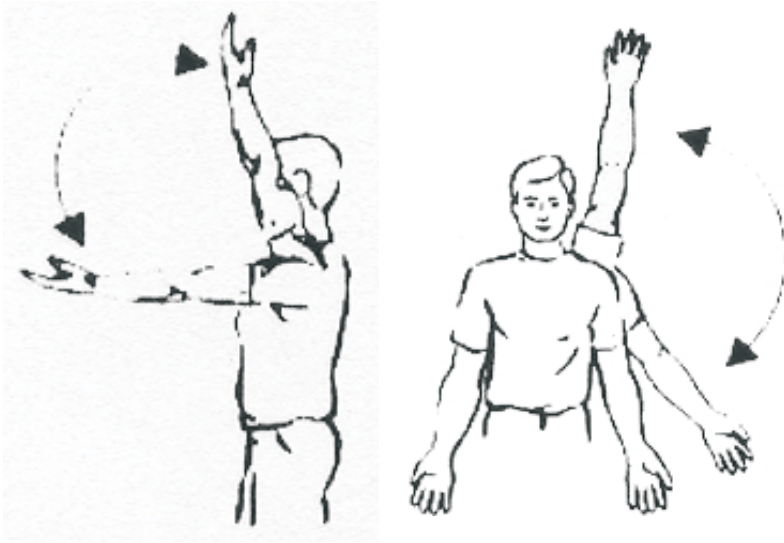


Then do these stretches:

- ✓ Keep your arm straight and flex your wrist back
- ✓ Gently rotate your forearm to the inside until your hand points away from your body
- ✓ Hold for 20 – 30 seconds

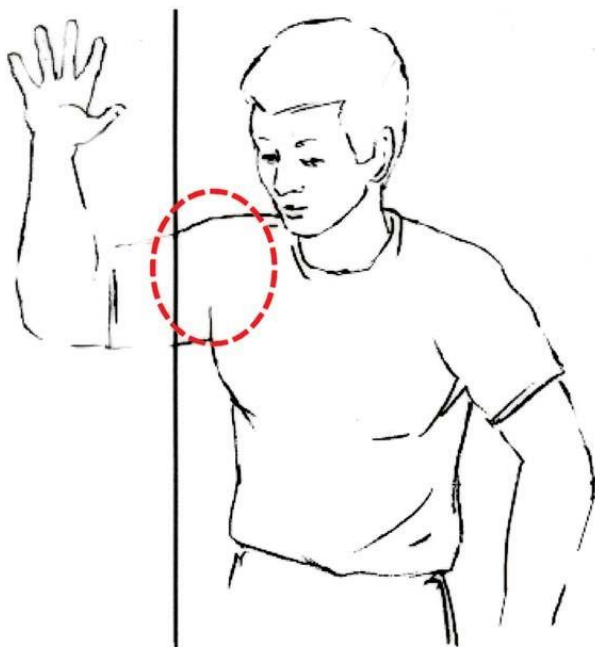
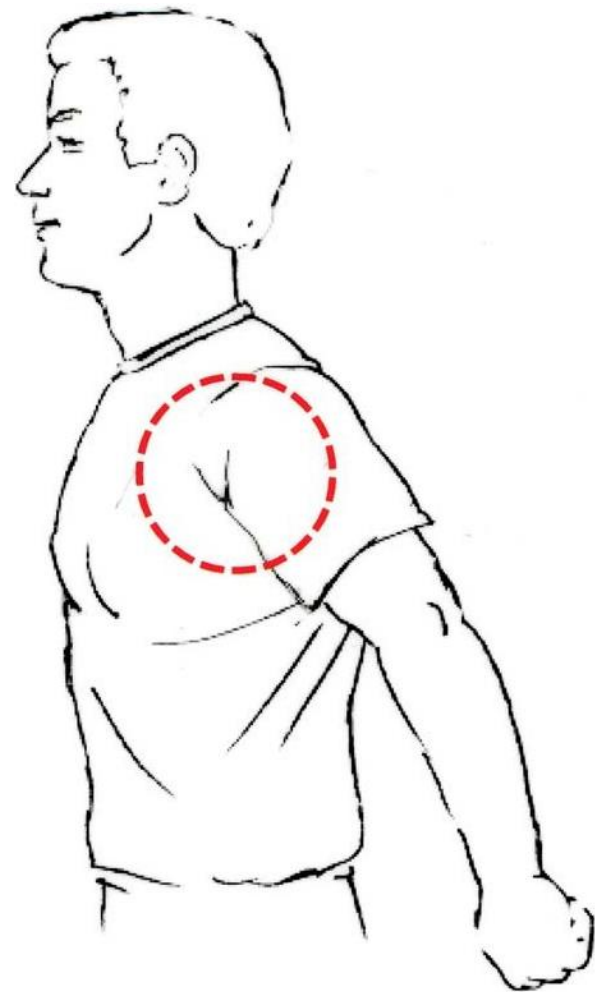
CHEST & SHOULDERS STRETCH

If you raise your arm to the side or to the front repeatedly or for long periods of time



Then do these stretches:

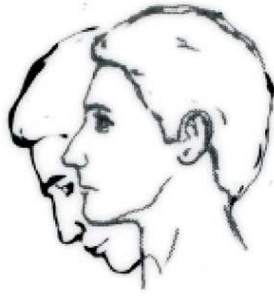
- ✓ Gently push arms back
- ✓ Hold the stretch for 20 – 30 seconds



- ✓ Bend arm at elbow and raise to shoulder height
- ✓ Place palm against wall or flat surface
- ✓ Gently lean forward
- ✓ Hold stretch for 20 – 30 seconds

NECK & SHOULDER STRETCH

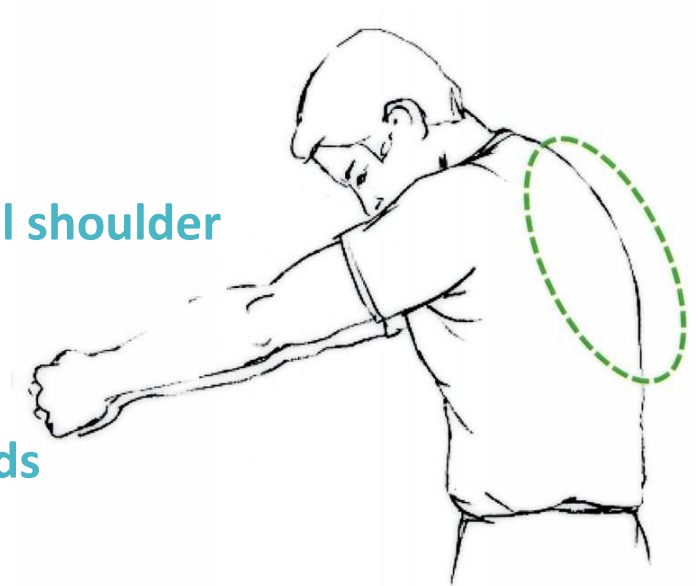
If you stand for long periods of time or bend your neck repeatedly



Then do these stretches:

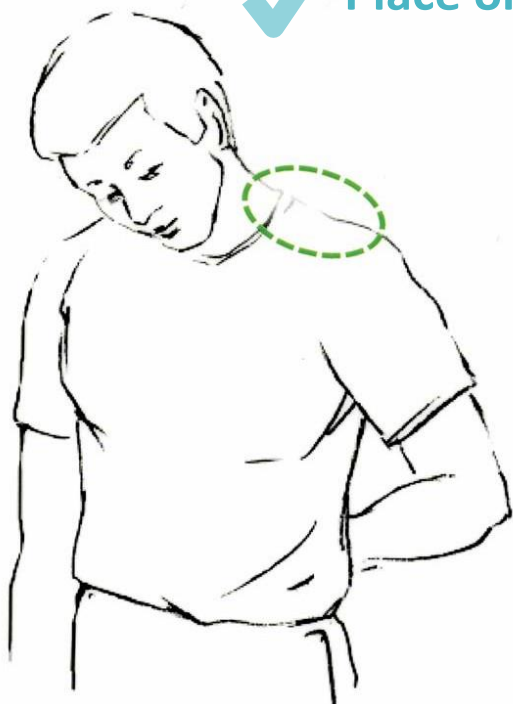
✓ Gently push arms forward and pull shoulder blades apart to achieve stretch

✓ Hold the stretch for 20 – 30 seconds



✓ Place one arm behind back, tilt chin toward chest, tilt head to opposite side

✓ Hold the stretch for 20 – 30 seconds



LOWER BACK STRETCH

If you stand for long periods of time



Or twist repeatedly



Then do these stretches:

✓ Sit down and lean forward, supporting your upper body with your hands

✓ Hold stretch for 20 – 30 seconds

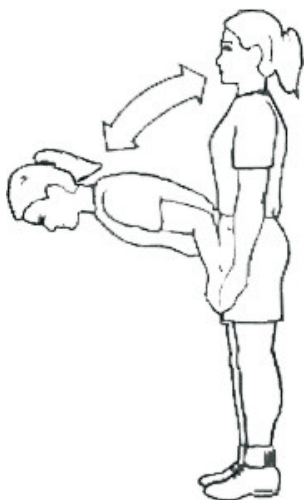


LOWER BACK EXTENSION

If you sit for long periods of time

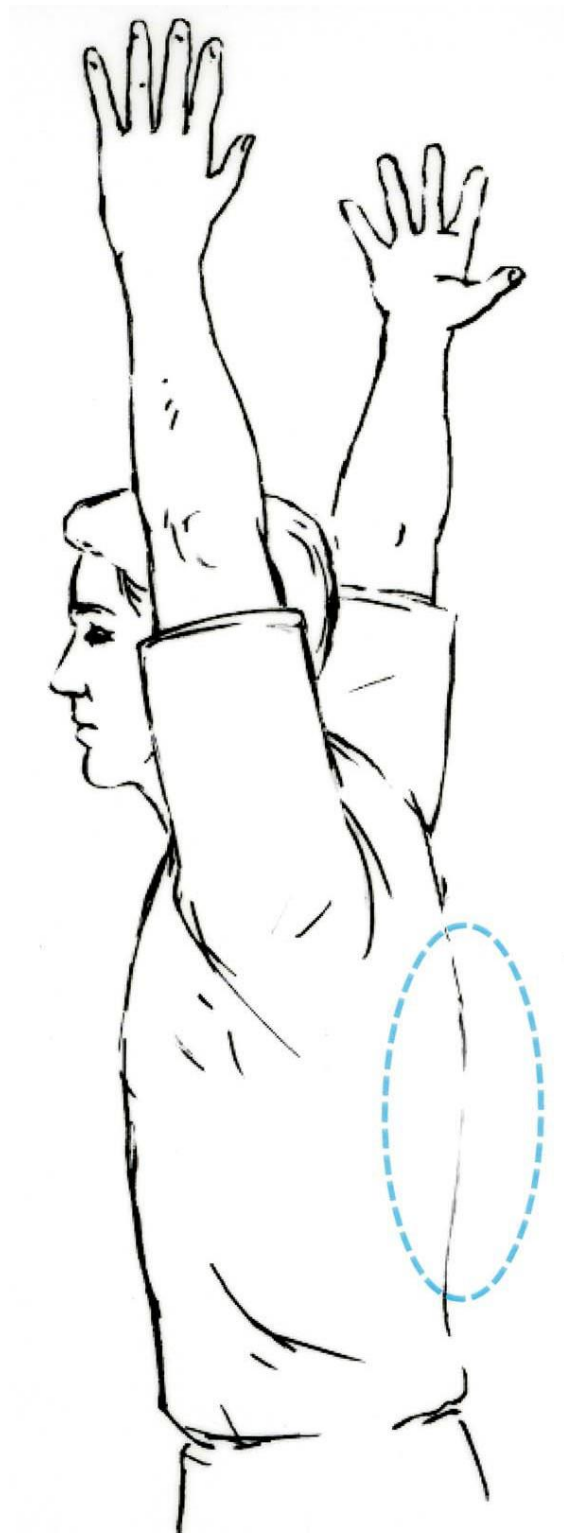


Or bend repeatedly



Then do these stretches:

- ✓ Stand straight and extend arms straight above head; reach up and hold for 20 – 30 seconds
- ✓ Repeat 10 times per hour or whenever possible



SAFE LIFTING

✓ Position your body close to the load or tool

✓ Keep your head and shoulders up and your feet shoulder-width apart

✓ Bend at your hips, allowing your buttocks to move backwards

✓ Draw your belly button toward your spine and hold

✓ Keep your heels on the floor throughout the lift

✓ Keep your shoulders over your knees and your knees over your toes

