

Location: \_\_\_\_\_ Instructor: \_\_\_\_\_ Date/Time: \_\_\_\_\_

## TOPIC C061: STRETCHING

**Introduction:** Today soft tissue injuries are common. One of the best ways to prevent these is stretching prior to starting work.

**Warm up prior to Stretching:** Don't just start right into a stretch with "cold" muscles. The most effective method of warming up is slowly going through the actual motions of the exercise or work you will be doing at a relaxed pace for 3 to 10 minutes, first. Then begin a stretch that should be comfortable enough to hold for a count of ten. Stretching lengthens muscles and tendons, and allows longer muscles to generate more force around the joints, contract more efficiently and perform better. Stretching should be performed for at least five to ten minutes before starting work.

**Back:** Back injuries are some of the most common injuries in the workplace today. It's recommended to take 1-2 minutes to stretch your back.

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

**Legs/Knees:** You should stretch your legs and knees for at least 1-2 minutes.

- **Stand on one leg**, reach behind your back and pull your foot up and forward for 20 to 30 seconds for each leg
- **Spread your legs** and bend down and try to touch the ground for 20 to 30 seconds

**Shoulders:** You should stretch your shoulders for at least 1 to 2 minutes.

- **Extend your arms** and make large, slow circular motions with your arm. First forward, then backwards for 20 to 30 seconds for each arm
- **Grab your opposite** elbow and pull it across your body to stretch your shoulder muscles for 20 to 30 seconds

**Neck:** You should stretch your shoulders for at least 1 to 2 minutes.

- **Make a slow** circular motion by rotating your head, first clockwise, then counter clockwise for 20 to 30 seconds in each direction
- **Put your hand** on one side of your head and use your neck muscles to push against your hand, then switch and push from the other direction for 20 to 30 seconds in each direction

**Conclusion:** A regular program of exercise will help to strengthen your muscles and will help prevent muscle strains and soreness. Alternating exercises or work tasks on a daily basis will allow muscles to recover, prevent injuries, and promote a higher level of fitness. Always consult your doctor before beginning an exercise program.

**Employee Attendance:**(Names or signatures of personnel who are attending this meeting)


These guidelines do not supersede local, state or federal regulations, and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.