

MAKE
"TAKING CARE
OF YOURSELF"
A PRIORITY

LOWER BODY STRETCHES

Where feasible, please remove
your hard hat while stretching.

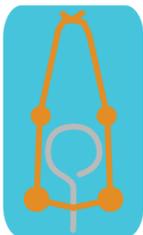
GENERAL LIFTING GUIDELINES

Maintain the natural curves of your spine.
Avoid trunk twisting.
Keep the load close to the body.
Use a wide base of support.
Use your legs.

Stop!

Evaluate the load, environment and yourself.

BACK



OVERHEAD STRETCH

- Stand in a relaxed position.
- Bring hands together and interlock the fingers.
- Gradually raise your hands upward as if a cable were pulling your hands up.
- Hold for a count of three.
- Relax.
- Repeat three times.



BACK BEND

- Stand with feet shoulder width apart and knees slightly bent.
- Place hands on back just below the waist with fingers pointing downwards.

- Take a breath and while breathing out, with your hands, slowly push your lower body forward at the hips and lean backwards with your upper body.
- Keep your head upright.
- Ensure you only stretch in comfort and do not cause pain.
- Hold position for a few seconds before returning to upright position.

FEET



FOOT ROTATION

- While sitting, slowly rotate a foot from the ankle three times in one direction.
- Then, slowly rotate that foot three times in the other direction.
- Repeat for the opposite foot.
- Repeat the stretch for each foot three times.



TOE POINTS

- When sitting, point toes downward as far as possible.
- Hold for three seconds. Relax.
- Repeat three times.

LEGS



HIP FLEXOR

- Bend front leg to 90 degrees.
- Extend back leg out behind you.
- Push down on front knee.



HAMSTRING

- Place one leg above the other.
- Bend at the waist, and slowly lean toward foot.
- Keep back straight.



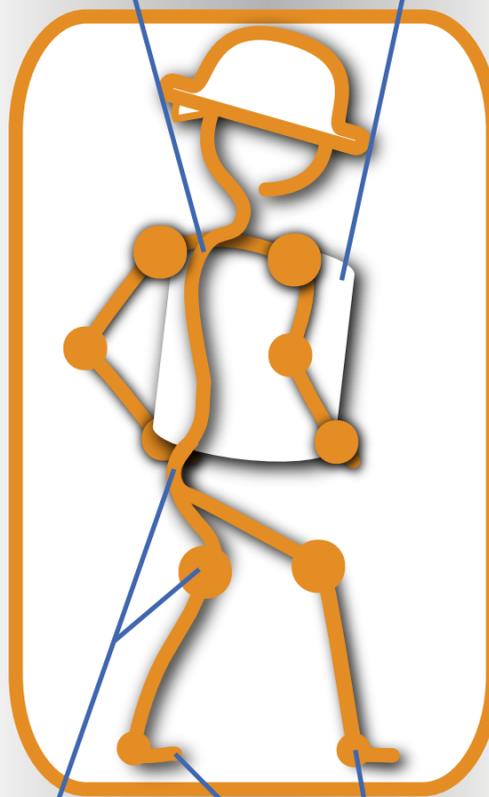
THIGH

- Stand facing your vehicle, approximately arm's length away.
- Place your left hand on the vehicle at shoulder height.

- With your right hand, grasp your left ankle.
- Ensure the knee of your standing leg is bent slightly.
- Tighten your stomach muscles and slowly bring your left ankle toward your buttocks.
- Keep knees close together and point knees downward.
- Hold for a count of 10, relaxing and breathing deeply.
- Repeat for opposite leg.

Maintain the natural curves
of your spine.

Keep the load close to
the body.



- Knees and Hips should move the most.
- Arms and trunk stay fixed in position.

- Feet shoulder width apart
- Staggered stance - one foot a half a step forward.
- Avoid trunk twisting.
- Point your toes in the direction you are going.

Are you
doing the
same task for
long periods of time?

- Do these exercises **frequently** (at least once per hour).
- Do not rush them. Take your **time**.
- Remember to **breathe**. Breathing reduces fatigue.
- Hold stretch to the comfort point for a **count of 10**.

- Maintain good **posture** while stretching.
- Discontinue a stretch that causes abnormal **discomfort**. (Initial tension should lessen with a stretch not increase.)