

MAKE
"TAKING CARE
OF YOURSELF"
A PRIORITY

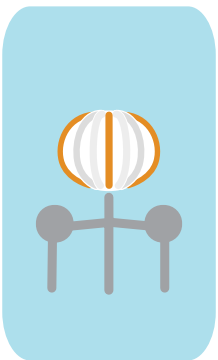
STRETCHES

Where feasible, please remove
your hard hat while stretching.

NECK

SIDES OF NECK

TURN



TILT



BACK OF NECK



ARMS

FOREARM FLEXOR

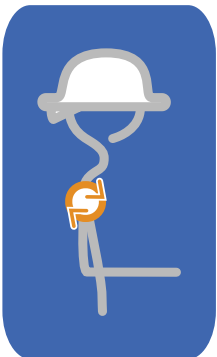


FOREARM EXTENSOR



SHOULDER

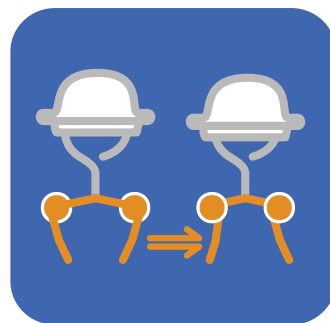
SHOULDER ROTATION



SHOULDER SHRUG

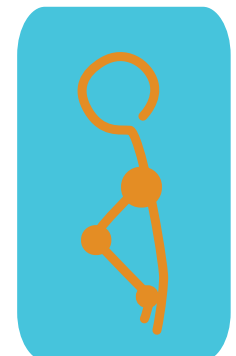
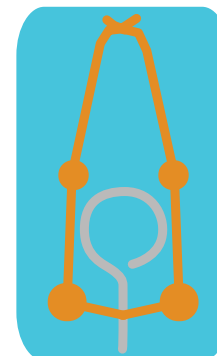


SHOULDER SQUEEZE

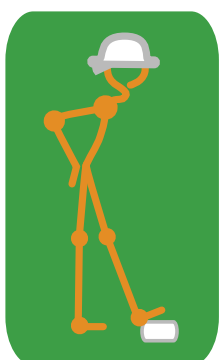


BACK

OVERHEAD BACK BEND

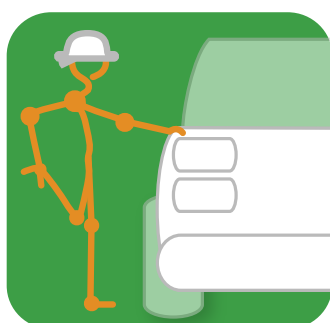


HAMSTRING



LEGS

THIGH



HIP FLEXOR



FINGER STRETCH



HANDSHAKE



FEET

TOE POINTS



FOOT ROTATION



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.)