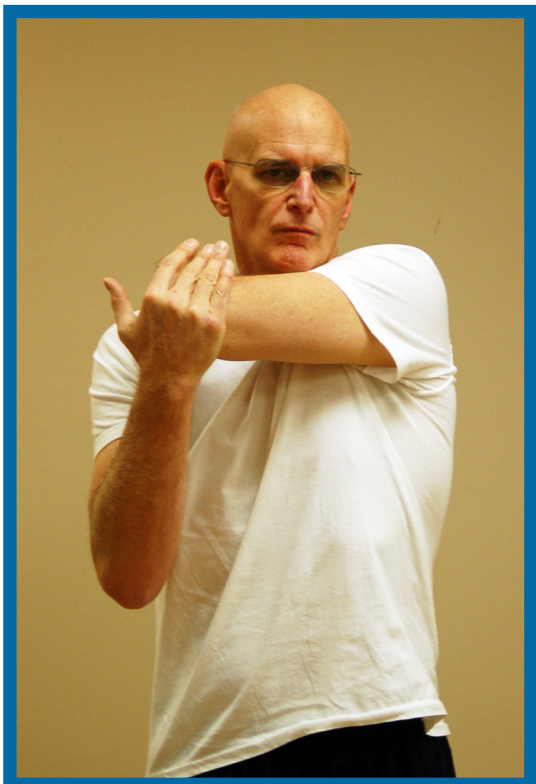


SAFETY FIRST

BE SAFE. WORK STRONG.

Try the following stretches and strengthening exercises to help keep you safe and strong at work.

STRETCHES



Posterior Shoulder Stretch

- Pull arm across chest until stretch is felt.
- Hold for 5 seconds.
- Repeat with other arm.
- Repeat 3x.



Lower Back Stretch

- While sitting, bring arms parallel to the ground and slowly rotate your upper body to the left.
- Hold for 5 seconds and then slowly rotate your upper body to the right and hold for 5 seconds.
- Repeat 3x.



Back Squeeze

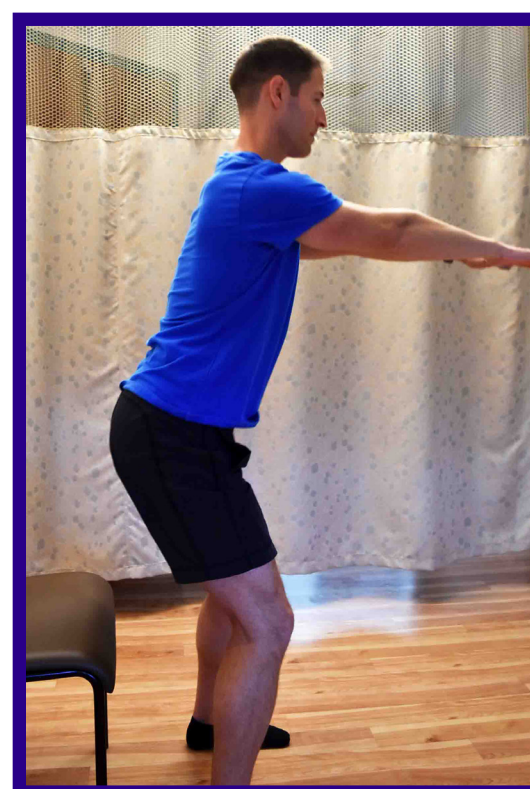
- Sit tall, hands up, move elbows down and back. (Elbows to back pockets)
- Repeat 3x.

STRENGTHENING EXERCISES



Wall Push

- With arms slightly wider apart than shoulder width and hands pressing against the wall, gently lean body toward the wall and gently push body back to starting position.
- Start with 2 repetitions and 1 set. Gradually increase to 10 repetitions and 3 sets.



Sitting to Standing

- With a straight back, tighten stomach, place right leg back under chair, lean slightly forward and stand. Alternate legs.
- Start with 2 repetitions and 1 set. Gradually increase to 10 repetitions and 3 sets.



Wall Slide

- Leaning on a wall, slowly lower buttocks until thighs are parallel to floor. Tighten thigh muscles and return to original position.
- Start with 2 repetitions and 1 set. Gradually increase to 10 repetitions and 3 sets.

TIPS

- Discontinue stretch or exercise if proper form cannot be maintained.
- STOP the exercise/stretch if you feel pain.
- Don't hold your breath during the exercise/stretch.
- If you find the exercises becoming easier, gradually increase your repetitions.

- Do each exercise/stretch slowly.
- The exercises/stretches should never be forced, or cause pain.
- Strength exercises should be done 3x weekly.
- Stretching exercises should be done 4x weekly.