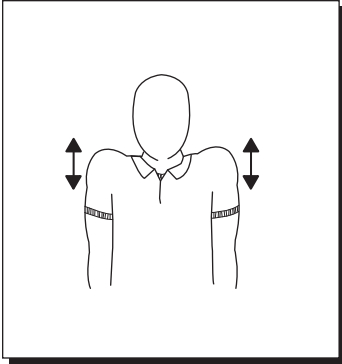


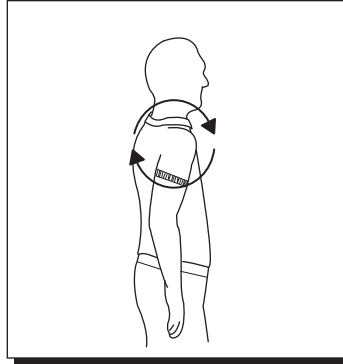
ATTN: Employees, let's stretch!

We'll all be stretching a few minutes each day as part of an organized stretching program.

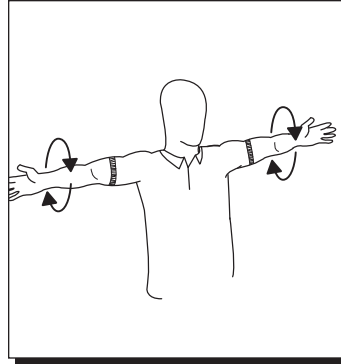
- Begin by relaxing your muscles.
- Stretch at your own pace. Do each stretch slowly and smoothly. No bouncing.
- Stretch to the point of comfortable tension, then relax and hold the stretch.
- If a stretch causes pain in joint area, stop stretching and make sure your technique is correct.
- Remember to let your supervisor know if you have any questions or issues while stretching.



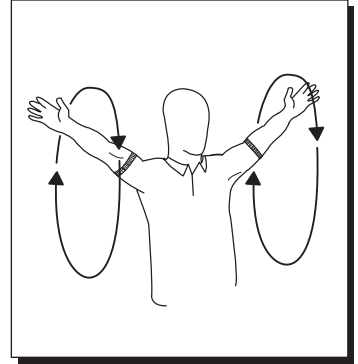
Shoulder shrugs—Shrug shoulders up. Hold and relax.



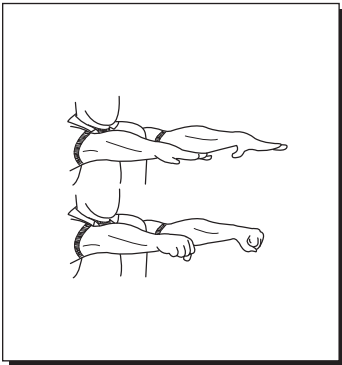
Shoulder rolls—Roll shoulders up and back. Switch direction.



Small arm circles—Move arms in small circles. Switch direction.



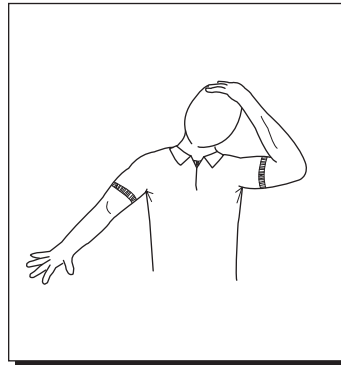
Large arm circles—Roll arms in large circles. Switch direction.



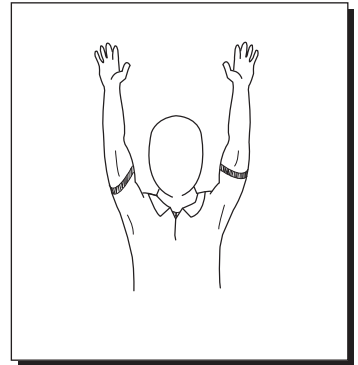
Hand stretch—Make fists. Hold it. Open hands wide. Repeat motion to the front, sides and above head.



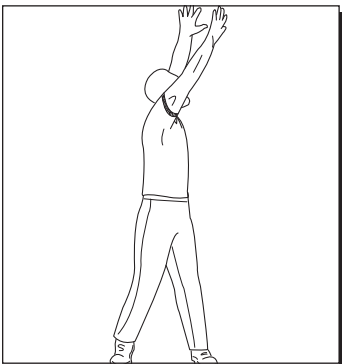
Wrist stretch—Bend your wrist upward and then downward. Hold it.



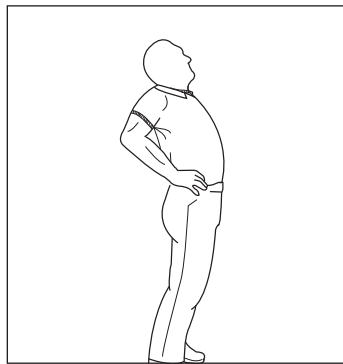
Neck stretch—Grasp top of head and bend your neck gently. Hold it. Switch sides.



High reach—Reach arms up high. Hold it.



Rotation stretch—Reach up high and rotate at the hips in both directions.



Backward bend—Hands on hips, bend your back, shoulders and head backward.

Why stretch?

Stretching once or twice a day can reduce the risk of ergonomic injuries.

The benefits of stretching include:

- Increased flexibility.
- Decreased muscle tension.
- Lower stress levels.
- Less chance of injury.