

# SFM<sup>®</sup> The Work Comp Experts<sup>®</sup> 5-minute Solutions

A safety training talk for successful injury prevention

## Stretching

### Introduction

**Question:** Why do athletes stretch?

**Answer:** They warm up and stretch to prepare for the physical task ahead to prevent injury and soreness.

So, why not do the same at work? We are often exposed to physical activity here at work too. Stretching is a great way to prevent strains, pulled muscles and soreness. Stretching can help get our bodies ready for work.

### The importance of stretching

The benefits of stretching include:

- Increased mental and physical relaxation.
- Reduced injury to soft tissue and muscle groups.
- Reduced soreness and tension.
- Increased flexibility.
- Enhanced physical fitness.
- Improved circulation.
- Relieves stress.

### Safe procedures

When stretching be sure to:

- Stretch before each shift, after lunch, and as needed throughout the day especially if you feel your muscles tighten up.



- Stretch slowly, and do not bounce.
- Hold the stretch for 10 to 20 seconds.
- Stretch your hands, arms, legs, back and neck.
- Always repeat your stretch (do two sets). This will increase your flexibility.

### In conclusion

Stretching can be a valuable tool in helping reduce injury and muscle soreness. Being in a labor-intensive work environment, stretching will help gain flexibility, reduce muscle soreness, and promote physical fitness.

### Now, let's stretch.

*(Flip over and go through the stretches on the reverse side of this sheet.)*

*For more stretching materials, visit [sfmic.com](http://sfmic.com)  
Keyword search: stretching.)*

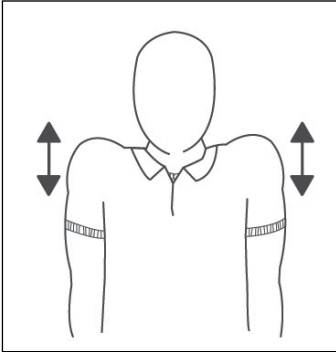
stretching  
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WORK**

**SFM**  
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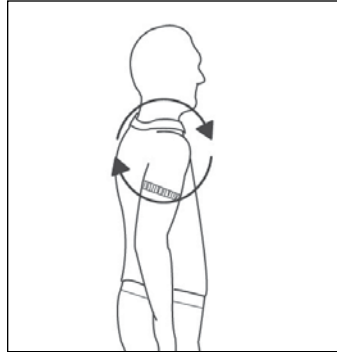
## ATTN: Employees, let's stretch!

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

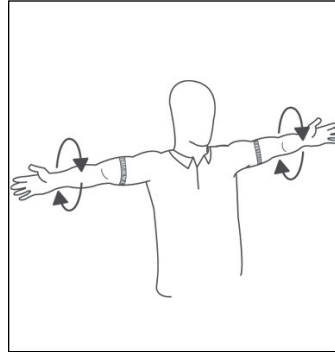
- Begin by relaxing your muscles.
- Stretch at your own pace. Do each stretch slowly and smoothly. No bouncing.
- Stretch to the point of comfortable tension, then relax and hold the stretch.
- If a stretch causes pain in joint area, stop stretching and make sure your technique is correct.
- Remember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



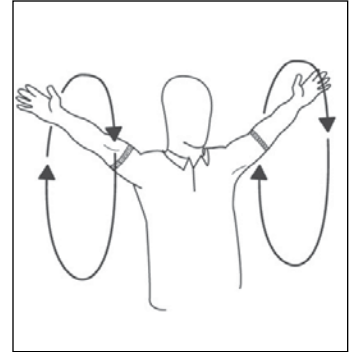
**Shoulder shrugs**—Shrug shoulders up. Hold and relax.



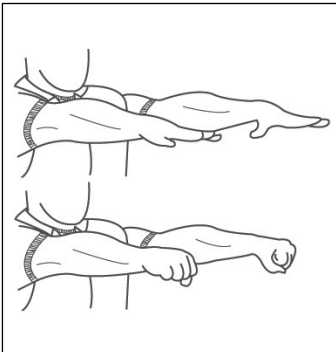
**Shoulder rolls**—Roll shoulders up and back. Switch direction.



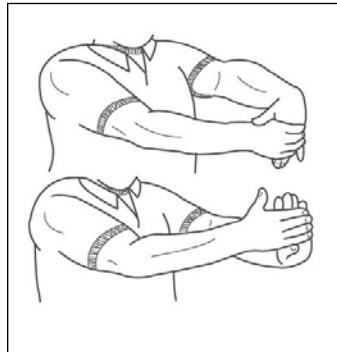
**Small arm circles**—Move arms in small circles. Switch direction.



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



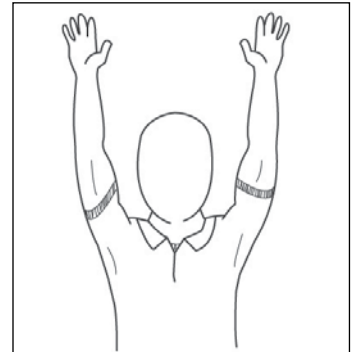
**Hand stretch**—Make fists. Hold it. Open hands wide. Repeat motion to the front, sides and above head.



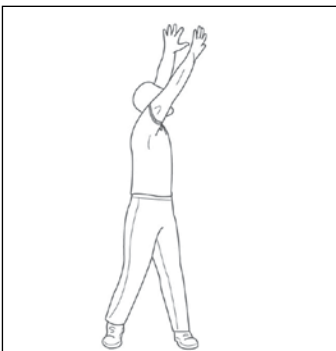
**Wrist stretch**—Bend your wrist upward and then downward. Hold it.



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



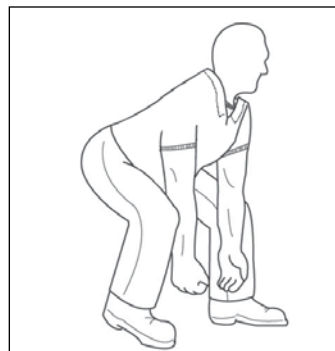
**High reach**—Reach arms up high. Hold it.



**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.



**Squat**—Use a wide stance. Maintain balance, bend to squatting position. Hold it.



**Hamstring stretch**—Support upper body with hands on knees. Stretch hamstring. Hold it.