

# Ergonomic Breaks, Rest Periods, and Stretches Infographic

## Ergonomic Stretches



Hands on hips, bend trunk to the right. Repeat to the left. Hold for ten seconds.



Place hands behind head. Stretch elbows back. Hold for ten seconds.



Stretching should never be painful. If you notice pain while stretching, STOP!

Source: <https://beenzniceart.wordpress.com/>