Stretching Pros and Cons Meeting Kit

STRETCHING SAFETY TALK – PROS AND CONS

Strains, sprains, and tears are the most common types of workplace injuries every year.

Many people receive sprain and strain injuries while exercising, working on a project, or taking part in a hobby.

THE BENEFITS OF STRETCHING AT WORK

Reduces Fatigue. Stretching at work can reduce fatigue by increasing blood supply and nutrients to your muscles.

Can Prevent Muscle Strain Injuries. Stretching is waking up your muscles to let them know that they will be performing a job. Stretching warms up the muscles by working them gently – just like an athlete. Athletes always stretch out before practices and games to warm up their muscles. Why do they do that? So they perform better.

Improves Posture. Stretching can improve posture by allowing muscle tissues to realign, thus reducing effort to achieve and maintain good posture. Often these muscles have adapted poorly to effects of gravity and poor postural habits.

Increases Muscle Coordination and Balance. Stretching also helps opposing muscle groups work in a more coordinated fashion.

STRETCHING OUT YOUR ARMS

Triceps stretches

- Raise your arm and bend it so that your hand reaches toward

the opposite side.
- Use your other hand and pull the elbow toward your head.
- Hold for 10 to 30 seconds.
- Repeat on the other side.

Overhead reach, or latissimus stretch

1. Extend each arm overhead.
2. Reach to the opposite side.
3. Hold for 10 to 30 seconds.
4. Repeat on the other side.

Upper body and arm stretch

1. Clasp hands together above the head with palms facing outward.
2. Push your arms up, stretching upward.
3. Hold the pose for 10 to 30 seconds.

Shoulder, or pectoralis stretch

1. Clasp hands behind your back.
2. Push the chest outward, and raise the chin.
3. Hold the pose for 10 to 30 seconds.

TORSO STRETCH, OR TRUNK ROTATION

1. Keep your feet firmly on the ground, facing forward.
2. Twist your upper body in the direction of the arm that’s resting on the back of your chair.
3. Hold pose for 10 to 30 seconds.
4. Repeat on other side.

STRETCHING OUT YOUR LEGS AND KNEES

Hip and knee flexion stretch

1. Hug one knee at a time, pulling it toward your chest.
2. Hold the pose for 10 to 30 seconds.
3. Alternate.

Hamstrings stretch

1. Remaining seated, extend one leg outward.
2. Reach toward your toes.
3. Hold for 10 to 30 seconds.
4. Repeat on the other side.

HEAD AND SHOULDER STRETCHES

Shoulder shrug

1. Raise both shoulders at once up toward the ears.
2. Drop them and repeat 10 times each direction.

Neck stretches

1. Relax and lean your head forward.
2. Slowly roll toward one side and hold for 10 seconds.
3. Repeat on other side.
4. Relax again and lift your chin back to starting position.
5. Do this three times for each direction.

FINAL WORD

If you do choose to stretch, do so safely. It is not advised to stretch a cold muscle. Warm up with aerobic activity before jumping into stretching exercises. You should not feel pain when you are stretching. If you feel pain it probably means you are pushing your body too far.