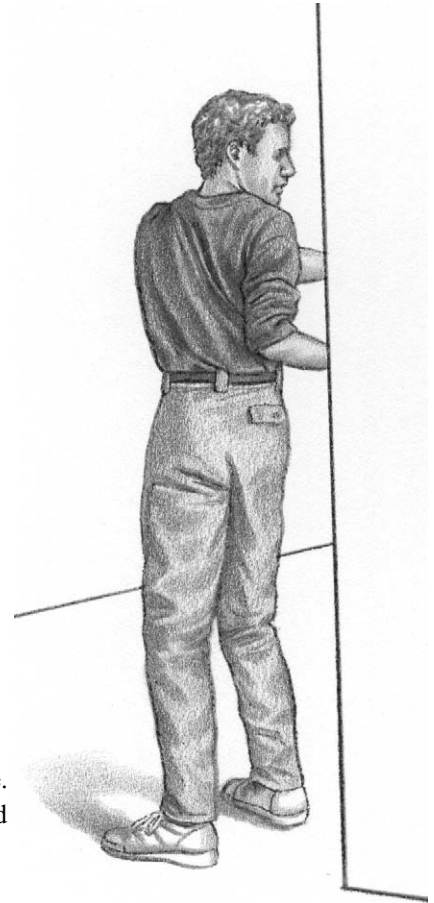


Back Stretches

Most back injuries occur during the first few hours of work when muscles are cold and tight. A few minutes of back stretches before you start a job can help prevent injuries that come from sudden jerking and twisting. Here are some simple stretches you can do before you start work.

Two Ways to Stand and Stretch

- 1) • Stand with your back 1 or 2 feet away from a wall.
 - Point your feet straight ahead, keeping your knees slightly bent with your feet as wide as your shoulders.
 - Slowly turn your upper body to touch the wall at shoulder height.
 - Find a position that's comfortable, not painful.
 - Hold the stretch for 10 to 20 seconds at first. Increase the time when you're able.
 - Reverse the direction.
- 2) • Place both hands about shoulder-width apart on a fence or wall.
 - Align your hips over your feet.
 - Bend your knees slightly.
 - Lower your head between your arms.
 - Hold this stretch for 30 seconds.
 - You can move your hands to different heights to stretch other areas of your spine.
 - To work more of your upper body, try the same stretch by moving one leg behind the other.



Two Ways to Sit and Stretch

- 1) • Get in a comfortable sitting position.
 - Lace your fingers behind your head.
 - Pull your elbows back.
 - Tense your shoulders to get a good stretch through your upper back and shoulder blades.
 - Hold this position for eight to 10 seconds.
 - Relax and repeat several times.
- 2) • Exhale, slowly lean forward, drop your head toward your knees and let your hands drop at your ankles.
 - Inhale as you slowly bring your head up.
 - Exhale and stretch your arms toward the ceiling.
 - Repeat five times.

