



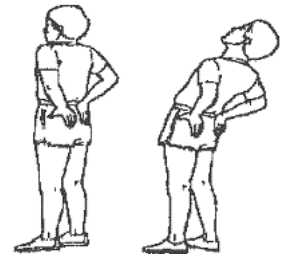
Manual Handling: Stretches

- Stretching can help to ease the discomforts and harmful effects of repetitive motions and awkward or static postures.
- It is important to stretch out frequently, in the opposite direction of the line of work.
- If you have a musculoskeletal injury, seek medical attention before starting any exercise program.

Stretches: Standing

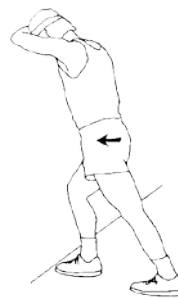
If you have been sitting, stooped or bending forward during your work tasks, stretch and bend backwards.

Stand upright, put your hands firmly on your lower back for support, and bend backwards several times.



These are some other stretches that you can do while standing. When stretching, please remember:

- Movements should be slow and controlled.
- You should feel a gentle stretch of the muscle - *stretching should not be painful.*
- Once you feel a stretch, hold the position 10-15 seconds - do not bounce or jerk.
- Repeat each stretch 2 or 3 times.



More Stretches

You can vary your posture and stretch in standing or sitting. For example, if you have been sitting for a long time, stand up and stretch. Conversely, if you have been working in a standing position, do these stretches sitting down.



(If your arms have been out in front for a long time: e.g. serving food)



(If you have been using your fingers/hands a lot: e.g. pruning, dusting, painting)



(If you have been looking down or ahead for a long time: e.g. mopping, raking)



(If you have been hunched forward/slouching)