

WARM UP AND STRETCH



The Warm Up

It is important to warm up your muscles **BEFORE** you stretch and **BEFORE** you engage in physical work. Repeat this squat slowly, 10 times.

Stretching Sequence

It is important to stretch **BEFORE, AND DURING** physical work (Approximately every 1/2 hour)



1. Neck Stretch
Hold for 5 seconds on each side



2. Top of Forearm
Hold for 5 seconds



3. Underside of Forearm
Hold for 5 seconds



4. Shoulder Stretch
Hold for 5 seconds on each side



5. Side Stretch
Hold for 5 seconds on each side



6. Back Twist Stretch
Hold for 5 seconds on each side



7. Back Extension Stretch
With hands on hips arch your back & look up at the ceiling. Hold for 5 seconds.



8. Forward Bend Stretch
With knees slightly bent, bend forward with arms hanging. Hold for 5 seconds.



9. Quadriceps Stretch
Hold for 5 seconds on each side



10. Hamstring Stretch
Hold for 5 seconds on each side

Warehouse Manual Handling Stretches

D. A. Dean, E. R. Evans, I. H. Hall

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the authors' names.

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