

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



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Pharmaceutical Packaging Technology D. A. Dean, E. R. Evans, I. H. Hall, 2005-07-12 Pharmaceutical packaging requires a greater knowledge of materials and a greater intensity of testing than most other packed products not to mention a sound knowledge of pharmaceutical products and an understanding of regulatory requirements Structured to meet the needs of the global market this volume provides an assessment of a wide range of issues It covers the entire supply chain from conversion of raw materials into packaging materials and then assembled into product packs Integrating information from many drug delivery systems the author discusses testing and evaluation and emphasizes traceability and the need to for additional safeguards *Federal personnel manual system*, 1986

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