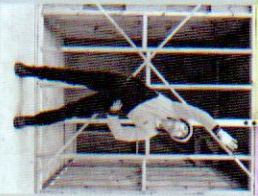
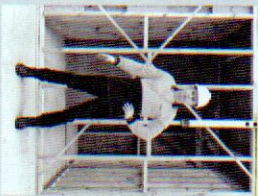


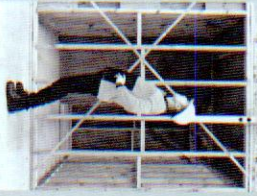
SIDE BENDS

- Stand tall with feet shoulder width apart.
- Place one hand on the hip, the other above the head with your arm straight.
- Stretch to the side with the hand above only until the first point of resistance in the back.
- Hold for 10 seconds.
- Stretch other side.



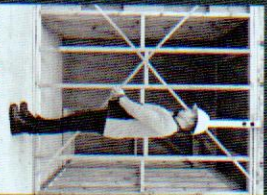
BACKWARDS ARCHING

- Stand tall, feet shoulder width apart.
- Place both hands on lower back and hips.
- Gently arch back until first point of resistance and hold for two seconds, making sure you don't throw your head back.
- Come back to upright position and repeat five times.



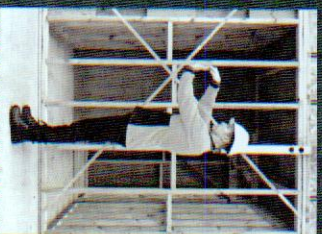
SHOULDER FLEXION

- Stand tall with feet shoulder width apart.
- Put palms together and interlink fingers.
- Keep arms straight, lift hands above head until resistance is felt in the shoulders.
- Hold for a count of two, then lower hands to starting position.
- Repeat 10 times.



WRIST AND FOREARM STRETCH

- Straighten your arm.
- Holding your fingers, gently bend wrist up until you feel a stretch in the forearm.
- Hold for 15 seconds then release.
- Holding your fingers, gently bend wrist down until you feel a stretch in the forearm.
- Hold for 15 seconds then release.
- Repeat other arm.



REGULAR MOVEMENT AND

SIMPLE STRETCHES FOR

YOUR HEALTH AND

WELLBEING

Regular movement

Whether you work indoors or outdoors, being stationary for too long can lead to discomfort and injury. Having regular short breaks away from your usual tasks is important for your health and wellbeing.

Stretching

Stretching is a great way to improve your flexibility and reduce muscle soreness. Stretching can be really useful when there are no other work tasks available to vary your movement throughout the day.

For best results, stretch before and during your workday. Concentrate on slow, sustained stretches and hold each stretch for 10 to 20 seconds. Remember to breathe while you stretch, and to stretch both right and left sides.

Medical advice

If you're receiving treatment, have an injury, or have any questions, check with your doctor or health professional before starting these exercises.

If you feel any discomfort while doing these stretches, stop immediately and check with your doctor before continuing



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CALF STRETCH

- Step one foot forward, press toes up against a stable object, keep your heel on the ground.
- Gently shift body weight forward. You should feel the stretch through the calf in the forward leg.
- Hold for 15 seconds then release.
- Repeat opposite side.
- Repeat three times for each side.



QUAD STRETCH

- In standing position hold onto a stable surface for balance with your left hand.
- Bend your right knee and support the ankle with your right hand.
- Gently pull your heel closer to your buttock until you feel a stretch and hold for 15 seconds.
- Place right foot on the floor.
- Repeat using the left leg.

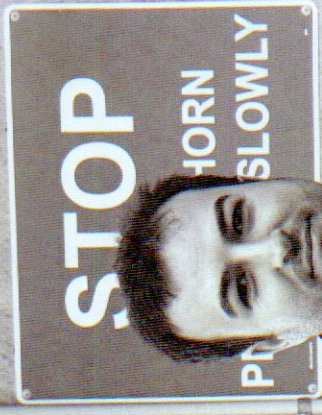


TOP TIPS TO IMPROVE YOUR HEALTH AND WELLBEING

Try these simple tips and take regular breaks from your work tasks.

1. Take a water break every hour.
2. Always try and work at waist level height to avoid repetitive bending.
3. Go for a walk at lunchtime.
4. If you have to lift, always ensure fit-for-purpose equipment is used.
5. Always carry a load that is comfortable for you. Divide a heavy load up and make more trips if necessary.

Simple stretches and muscle movement for manual workers



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