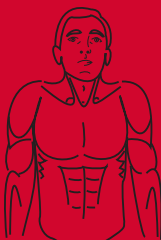


STRETCHES & POSTURES ***AT WORK***



FORWARD

The Farm Safety Association Inc. recognizes the repetitive nature of work in the agricultural industry. With the safety and health of the worker in mind, and with assistance from Ergonomics in Motion, we have reproduced this stretching booklet to prevent injury, decrease worker fatigue, and increase worker productivity.

The Association would like to thank the Farm & Ranch Safety and Health Association (FARSHA) of British Columbia for producing the material found in this booklet. For more information on safety, or to receive our product catalogue, which lists all of our available farm safety material, please contact:

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HOW TO STRETCH

The following stretches and exercises are safe for the majority of people. As with any exercise program, if you feel faint or experience pain or discomfort, stop, and consult your physician. The best way to stretch is a light stretch called stretch point stretching. The stretch point is the first feeling of a light stretch in the muscle. It is felt as a slight stretch or resistance to movement. The stretch point sensation should begin to disappear after 10 to 15 seconds. This is an indication that the tissue is releasing or stretching. The benefits of stretch point stretching are cumulative and are experienced over several sessions. Strengthening exercises are also a great way to maintain good health!

Produced for the Farm & Ranch Safety
and Health Association (FARSHA) by:

Ergonomics in Motion

1.877.860.3746

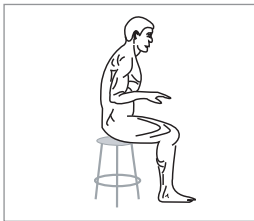
www.ergonomicsinmotion.com

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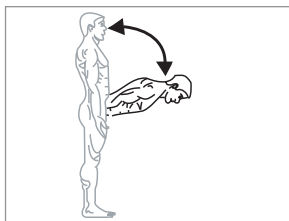


If you use these postures repetitively or for a long period of time,

Sitting



Forward Bending



Or

Try these stretches.



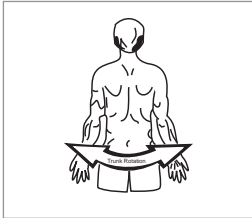
- ☑ Place hands on the back of the hips with elbows pointed back.
- ☑ Gently bend backward, deepening the hollow in the lower back.
- ☑ Repeat 10 times per hour or whenever possible.



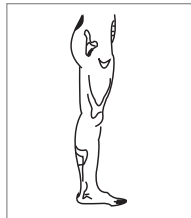
- ☑ Place leg on a low object.
- ☑ Attempt to stand up and deepen the hollow in the lower back until an even stretch point is felt in the back of the leg.
- ☑ Hold until the stretch point releases.

If you use these postures repetitively or for a long period of time,

Twisting



Standing

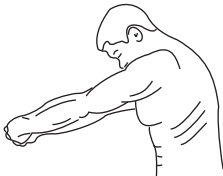


Or

Try these stretches.



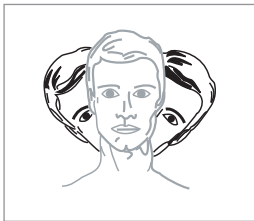
- Sit down and lean forward, supporting your upper body with your hands, until a stretch point is felt in the muscles of the lower back.
- Hold the stretch point until it releases.



- Extend arms straight in front of your body with arms comfortably straight but not locked.
- Interlock fingers with palms facing but not touching.
- Gently push arms forward and pull shoulder blades apart to achieve stretch point.

If you use these postures repetitively or for a long period of time,

Neck Bending



Or



Try these stretches.



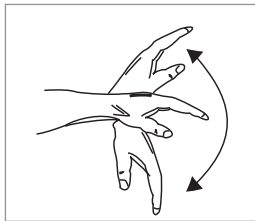
- ☑ Reach over top of shoulder with one arm and attempt to touch the base of your neck.
- ☑ Bend head forward and slightly to the other side until the stretch point is felt.
- ☑ If the stretch point is not felt, reach up behind the head and gently pull the head downward until the stretch point is felt.



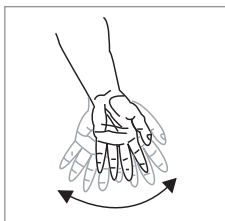
- ☑ Extend arms behind the body, straight but not locked.
- ☑ Interlock fingers with palms facing but not touching.
- ☑ Gently push arms back and hold until the stretch point releases.

If you use these postures repetitively or for a long period of time,

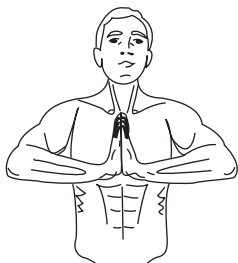
Wrist Extension/Flexion Wrist Side Bend



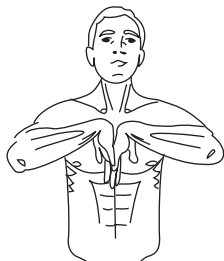
Or



Try these stretches.



- ☑ Place hands together in front of chest in a praying position (palms together).
- ☑ Gently press palms together, stopping when stretch point is achieved and hold until stretch point releases.

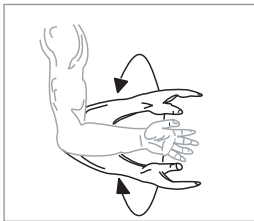


- ☑ Place knuckles or back of hands together (fingers pointing down) in front of chest.
- ☑ Gently push hands together until a stretch point is achieved and hold until it releases.

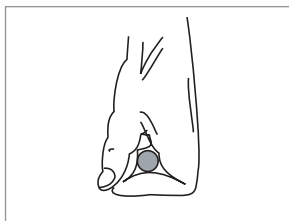
If you use these postures repetitively or for a long period of time,

Rolling Forearm

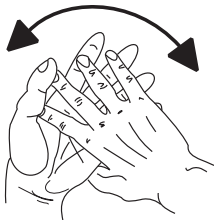
Narrow or Pinch Grips



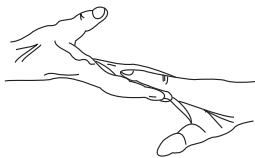
Or



Try these stretches.



- ☑ Grasp your hands together with the palms in.
- ☑ Relax one hand and use the opposite hand to stretch the relaxed wrist from side to side.
- ☑ Hold the stretch at the stretch point until the feeling of tension releases.

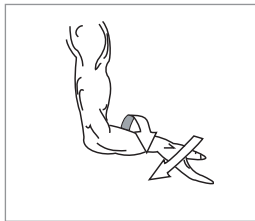


- ☑ Place the palms of your fingers together.
- ☑ Apply gentle pressure to stretch your fingers and palms back until you feel the stretch point.
- ☑ Hold until the stretch point releases.

If you use these postures repetitively or for a long period of time,

Rolling Forearm

Narrow or Pinch Grips



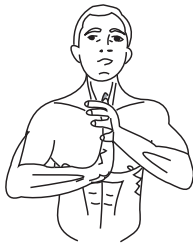
Or



Try these stretches.



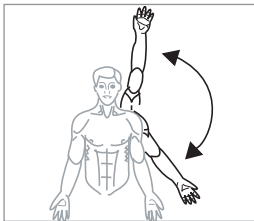
- ✓ Hang your arm at your side.
- ✓ Keep your hand flat and flex your wrist back like a waiter expecting a tip.
- ✓ If you do not feel a stretch point, gently rotate your forearm to the outside so that your hand points away from your body. Find the stretch point and hold until it releases.



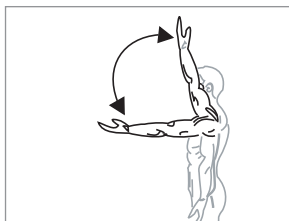
- ✓ Keep elbow bent and away from side of body.
- ✓ Place hand in front of chest with fingers pointing upward.
- ✓ Press fingers into extension (backward) using palm of other hand.

If you use these postures repetitively or for a long period of time,

Raised to Side



Raised in Front

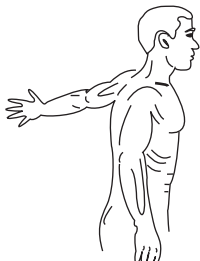


Or

Try these stretches.



- ✓ Place one arm behind back at waist level.
- ✓ Bend head forward, dropping chin down toward the chest until the stretch point is felt.
- ✓ If the stretch point is not felt, reach the other arm behind head and pull gently downward until you feel the stretch point.

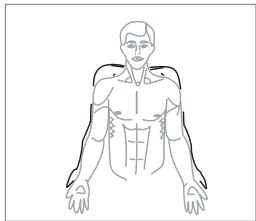


- ✓ Extend one arm out to the side and behind the body with elbow straight but not locked.
- ✓ Place palm against wall/flat surface between waist and chest level.
- ✓ Gently turn body away from the wall until the stretch point is achieved.

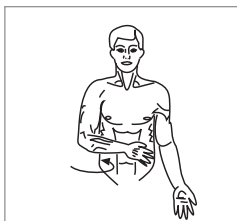
If you use these postures repetitively or for a long period of time,

Shoulder Shrugging

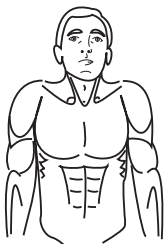
Rotating the Arm



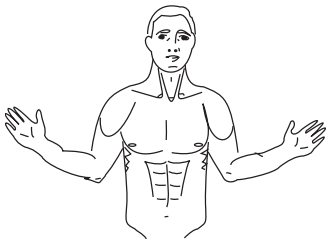
Or



Try these stretches.



- ✓ Shrug shoulders up toward ears.
- ✓ Allow arms to hang loosely at sides.
- ✓ Hold 5 to 10 seconds then relax shoulders.
- ✓ Repeat 5 to 10 times.



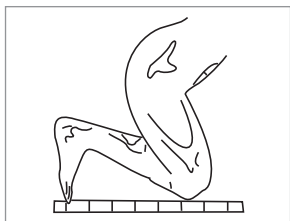
- ✓ Keep your elbows bent at your sides and allow forearms and hands to rotate outward.
- ✓ Hold the stretch point until it releases.

If you use these postures repetitively or for a long period of time,

Crouching Kneeling Without Padding



Or



Try these stretches.

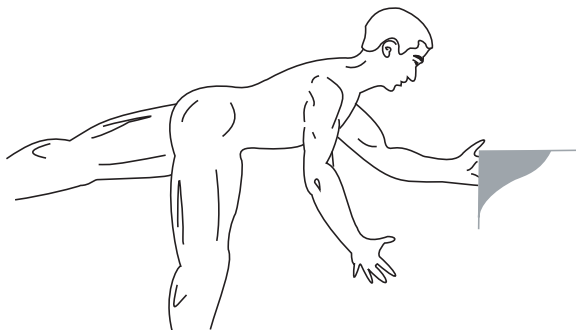


- Place leg on a low object.
- Attempt to stand up and deepen the hollow in the lower back until an even stretch point is felt in the back of the leg.
- Hold until the stretch point releases.



- Stand with good posture.
- Grasp the front of one ankle with the hand on the same side of the body.
- Gently pull the sole of the foot toward the buttock until a stretch point is felt in the front of the thigh.
- Hold the stretch point until it releases.

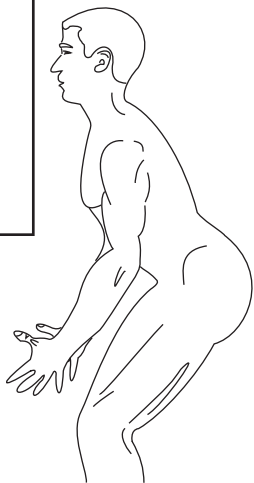
SAFE LIFTING TECHNIQUE



- ☑ Use one arm to brace the upper body by holding a solid object like a railing or fence.
- ☑ Allow one leg to lift off the ground behind you so that you can keep that slight inward curve in your lower back.
- ☑ Pivot about your hip joint and bend forward to pick up light objects.
- ☑ Keep the knee of the leg you are standing on slightly bent.

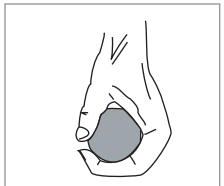
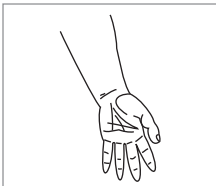
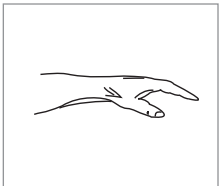
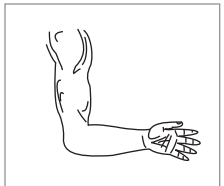
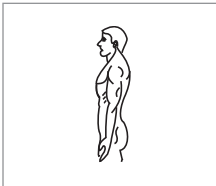
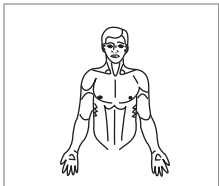
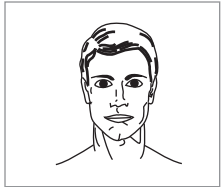
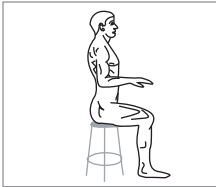
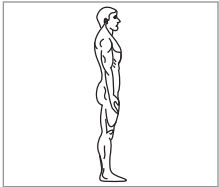
SAFE LIFTING TECHNIQUE

- ✓ Get in close to the object you are lifting.
- ✓ Keep your head and shoulders up and your feet shoulder width apart.
- ✓ Bend at the hip joints, and keep that slight inward curve in your lower back.
- ✓ Try to keep the shoulders over the knees and the knees over the toes.
- ✓ Step and turn with the feet, not the back.
- ✓ Don't hold your breath while lifting.



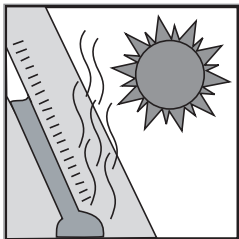
SAFE WORKING POSTURES

A safe, or neutral, working posture puts the least amount of strain on the body. Try to design the following neutral joint positions into your job or workstyle. Always try to keep the hollow in the lower back, the upper arms close to the body and the wrist straight.

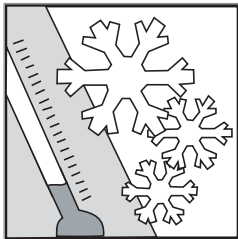


If you have been working in a very hot or very cold area remember the following.

Heat



Cold



or

Heat

- ☑ Drink water on a regular basis before you become thirsty. By the time you are thirsty, you are already becoming dehydrated.
- ☑ Eat a well balanced meal on your break to replenish the necessary nutrients.
- ☑ Shade yourself as much as possible and use sun screen.

Cold

- ☑ Dress in layers and keep warm. Remove layers if you start to sweat.
- ☑ Keep the hands, wrists, and forearms comfortably warm to keep your fingers nimble.