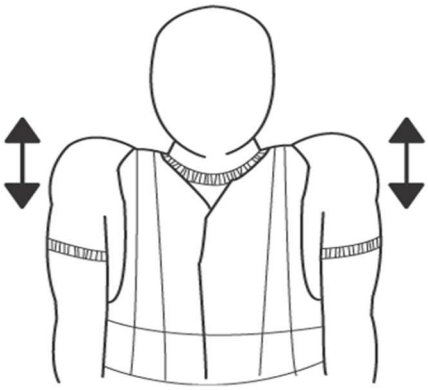
Stretching Tips:

- Always stretch within your comfortable limits. It should not be painful.
- Breathe slowly. Do not hold your breath.
- Do not bounce when stretching.
- Do not compare yourself to others. We are all different
- Hold only stretch tension that feels good.

BRIN DAILY STRETCHING

SHOULDER SHRUGS

- Shrug shoulders up
- Hold it
- Then relax



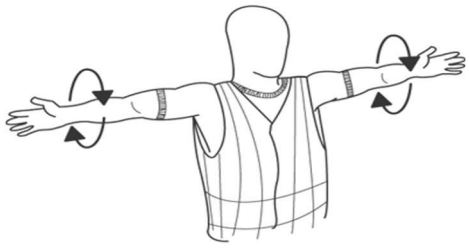
SHOULDER ROLLS

- Roll shoulders up and back
- Switch directions
- Repeat



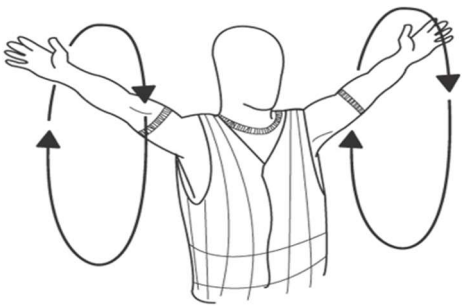
SMALL ARM CIRCLES

- Move arms forward and backward in small circles
- Switch directions



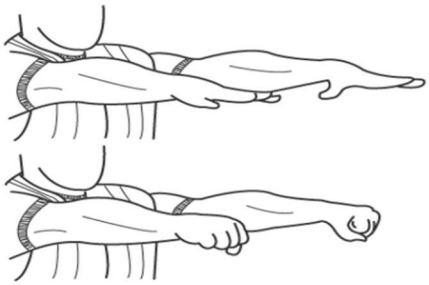
LARGE ARM CIRCLES

- Move arms forward and backward in large circles
- Switch directions



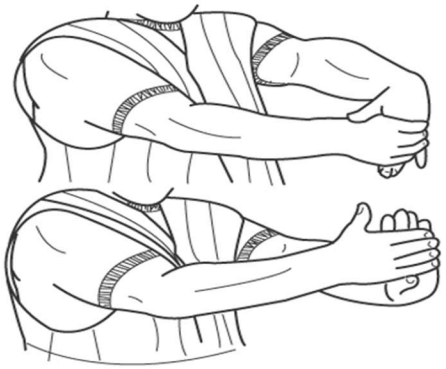
HAND STRETCH

- Open hands wide. Hold it
- Make fists. Hold it
- Repeat to the front, sides, and above your head



WRIST STRETCH

- Bend your wrist downward and then upward
- Hold it



BRIN NORTHWESTERN GLASS FAB HEARTLAND GLASS ST. GERMAIN'S GLASS

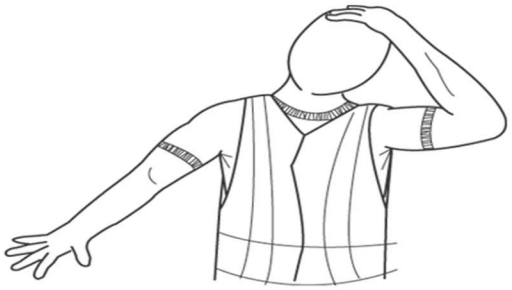
Stretching Tips:

- You are stretching, not exercising. You don't need to push it to get results.
- You may repeat some stretches after breaks or long periods of standing or sitting in one place.
- The benefits of stretching come from regularity. Stick with it and see how it feels in a couple weeks.
- Use the time to plan the day, have a toolbox talk, or talk about safety on the jobsite.

BRIN DAILY STRETCHING

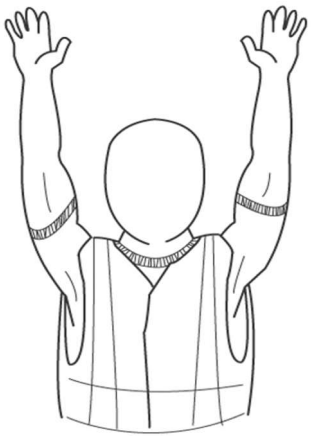
NECK STRETCH

- Grasp the top of your head and bend your neck gently
- Hold it
- Switch sides



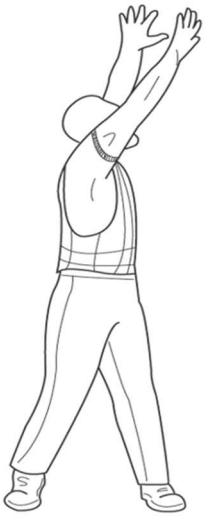
HIGH REACH

- Reach arms up as high as possible
- Hold it



ROTATION STRETCH

- Reach up high and rotate at the hips
- Switch directions



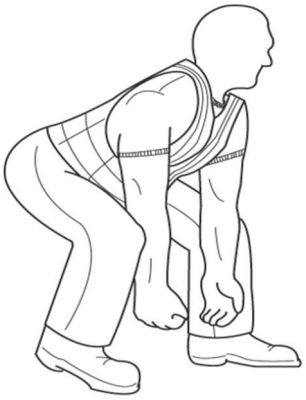
BACKWARD BEND

- Place your hands on your hips
- Bend your back, shoulders and head backward
- Hold it



SQUAT

- Use a wide stance
- Maintain your balance
- Bend to a squatting position
- Hold it



HAMSTRING STRETCH

- Support your upper body with your hands on your knees
- Stretch the hamstring
- Hold it



BRIN NORTHWESTERN GLASS FAB HEARTLAND GLASS ST. GERMAIN'S GLASS