

ERGONOMICS

Pre-Shift Stretch Routine

Stretch before work and during breaks to prevent injury.

Hold each stretch 15–30 seconds. Breathe slowly. Never stretch into pain.

Lower Body

Quadriceps

Stand on one foot, pull opposite heel toward your glutes. Hold 20 sec each side.

Hamstring

Sit or stand, extend one leg, lean forward gently until you feel a pull in the back of the thigh.

Hip Flexor

Lunge forward with one knee on the ground. Push hips forward slightly. Hold 20 sec.

Calf

Stand with feet flat, step one foot back, press heel to the floor. Hold 20 sec.

Groin

Sit with soles of feet together. Gently press knees toward the floor.

Core and Upper Body

Back Extension

Lie face down, place hands under shoulders, gently push chest up. Hold 15 sec.

Side Trunk Flexion

Stand tall, raise one arm over head, lean slowly to the opposite side.

Tall Stretch

Lace fingers overhead, push palms toward the ceiling. Hold 15 sec.

Shoulder Squeeze

Roll shoulders back, squeeze shoulder blades together. Hold 10 sec.

Shoulder Stretch

Pull one arm across your chest with the other arm. Hold 20 sec each side.

Wrists and Neck

Wrist Extension

Hold arm out, gently pull fingers back toward body with other hand. Hold 15 sec.

Wrist Flexion

Hold arm out, gently push fingers downward. Hold 15 sec.

Wrist Rotation

Roll both wrists in circles 10 times each direction.

Neck Rotation

Slowly turn head left then right. Never force. Hold 10 sec each side.

Advanced Neck Stretch

Gently tilt ear toward shoulder. Hold 15 sec. Do not rotate while tilted.