



DAILY STRETCH AND FLEX

Implementing a daily stretch and flex is crucial to avoiding injuries!

Daily physical work can take a toll on your body. Constantly going up and down a ladder, carrying lengths of pipe, digging a ditch, operating a press, or simply dealing with the elements makes it difficult to stay healthy and pain-free. Luckily, there is a simple process you can follow to help you avoid injuries. Implementing a daily stretch and flex has several benefits. Stretching before exercise or physical work keeps muscles strong, healthy, and flexible. And, this procedure costs you nothing to implement. All you have to do is assign a leader each day to lead 5 to 10 stretching exercises before the day begins.



You may be asking, how long should the stretch and flex take?

No more than 5 to 10 minutes.

What happens if we don't stretch before we exercise?

Muscles become short and tight without stretching. We need flexibility to keep a range of motion. Tight muscles equal injured muscles. Injured muscles lead to injuries in your joints because they simply don't have the strength to support your joints. Therefore not stretching will increase your chance of injury.

Implementing a daily stretch and flex process has the following benefits:

- Warms up the body
- Promotes blood flow
- Distributes nutrients
- Helps prevent injury
- Increases your range of motion
- Promotes long term mobility

Does your company have a stretch and flex program? If not, what is stopping you from starting one?

Work Site Review: Hazards/Safety Suggestions

Company Name: _____

Work Site Location: _____

Date: _____ Start Time: _____ Finish Time: _____

Foreman/Supervisor: _____

Employee Signatures: (continue on back of sheet if necessary)

(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness)

Manager/Supervisor's Signature: _____

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