

JOB SITE STRETCHING EXERCISES.

Construction workers need to warm up to meet the job’s physical demands. Simple stretching exercises will warm up muscles, improve elasticity and help keep you comfortable at work. Follow these general guidelines:

- **Breathe while exercising.** Don’t hold your breath.
- **Exercise regularly.** Develop a pattern of exercising various parts of your body at regular intervals throughout your workday — before discomfort occurs. (See Sample Exercise Schedule at right.)
- **Stretch gently.** Avoid jerky movements.
- **Go easy at first.** Start with a few exercises and gradually increase.
- **Discontinue if pain occurs.** Pain and discomfort after you exercise may indicate that you did too much. Check with a medical professional when in doubt.

FIT EXERCISE INTO YOUR WORKDAY

Having a plan will help you remember to exercise. Here’s a sample schedule that you can follow, or select your own combination of these exercises and adjust the schedule to fit your workday.

SAMPLE EXERCISE SCHEDULE

TIME	EXERCISE	MINUTES
Pre-shift or start of shift	<ul style="list-style-type: none"> • Neck • Shoulder circles • Arms, shoulders and rib cage “fencing” 	4-5
Mid-point 1st half of shift	<ul style="list-style-type: none"> • Shoulders and arms • Shoulders, back and hips • Wrists 	3-4
Mid-point 2nd half of shift	<ul style="list-style-type: none"> • Shoulder circles • Chest and shoulders • Knee stretch 	3-4



NECK

- Start with your head facing forward.
- Turn your head slowly to one side as far as comfortable.
- Then turn to the other side.
- Repeat five times.



SHOULDER CIRCLES

- Slowly move your shoulders in a circular motion: upward, forward, downward and backward for forward circles.
- Reverse the direction for backward circles.
- Repeat five times each direction.



ARMS, SHOULDERS AND RIB CAGE

- Interlace your fingers.
- With your palms facing upward above your head, press your hands upward, stretching your arms.
- Hold for five seconds.
- Gently stretch to one side, hold for five seconds and return to center.
- Gently stretch to opposite side, hold for five seconds and return to center.
- Repeat five times.

VARIATION:
Press hands forward at shoulder level.



SHOULDERS AND ARMS

- Extend one arm at shoulder level across your chest.
- Place your opposite hand on your elbow and gently apply pressure toward the opposite shoulder, stretching your arm across your chest.
- Repeat, alternating sides.



CHEST AND SHOULDERS

- Bend your elbows with your hands near your shoulders.
- Breathe in through your nose.
- As you exhale, lower your elbows down and back. Aim your elbows at your back pockets.
- Hold this position for a few seconds and then relax.
- Repeat five times.

VARIATION:
Keep elbows at shoulder height.



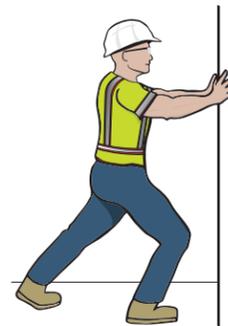
SHOULDERS, BACK AND HIPS

- Place your palms on your lower back while in a standing position.
- Leaning your shoulders back, stretch your upper body backwards. Hold this position for five seconds.
- Return to a neutral position.
- Repeat five times.



WRISTS

- With your forearm in a comfortable horizontal position and your palm toward the floor, bend your wrist down.
- Then raise your hand, extending your wrist.
- Repeat five times.



“FENCING”

- In a standing position, place your hands against a stable object or wall to support yourself. Move one foot back about two feet. Be sure that both feet point forward.
- Shift your weight forward over the foot in front, bending the forward knee up to 80-90 degrees.
- Hold the position for 1-2 seconds and slowly return to the standing position, keeping the forward foot out in front.
- Repeat five times.
- Switch position with the opposite leg forward and repeat five times.



KNEE STRETCH

- In a standing position, support yourself by holding onto a stable object, like a wall or a table that is bolted to the floor.
- Bend your right knee, bringing your foot up toward the back of your thigh.
- Grasp your foot with your right hand, gently stretching your knee, moving your foot toward the back of your thigh.
- Slowly release your foot and return to the original standing position.
- Repeat, alternating legs, five times each leg.

NOTE: Your safety director or safety representative will identify acceptable stable objects. Don’t perform exercises that require support if a stable object has not been identified.

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