Stretch & Flex Program
• **Stretching improves circulation!**
  – Stretching increases the blood flow throughout your body delivering nourishment to the muscles and eliminating waste byproducts in the muscle tissue.

• **Stretching increases flexibility!**
  – Increased flexibility will help you comfortably perform life's daily activities and reduce the risk of muscle, joint, and tendon injuries.

• **Stretching raises safety awareness!**
  – Stretching in a group setting allows for partners to participate in an activity where the sole purpose is to promote partner safety and well-being.
• Implement a **pre-shift** and **post-break** stretching session at a minimum. Start off program with managers and supervisors leading the session to display proper stretching techniques.

• Conduct several stretching sessions in the morning for Employees who have varying start times.

• Stretch to upbeat music – ask partners to bring in what they want to listen to.

• Properly train and ask for partner volunteers to lead stretching sessions.

• Stretching sessions should be consistent and timely. Don’t allow stretching sessions to be skipped.
Ideas to Successfully Implement in Departments that are in and out

- Hold several sessions in the morning due to staggered starting times with Employees that leave the building everyday before or after time for stretch and flex.
- Utilize Supervisors and Managers to hold Stretch and Flex sessions (ex: every half hour)
- If Production department is already holding a Stretch and Flex session, welcome the employees that are in and out to join the already existing sessions.
Stretch & Flex - Always

• Remember to **ALWAYS**…’
  – Keep proper posture while stretching.
  – Keep hydrated.
  – Keep loose while stretching.
  – Hold the stretch until you feel the muscle loosen up, then repeat for a further 15 seconds.
• Remember to **NEVER**...
  – Start your day without stretching.
  – Speed through stretches.
  – Continue stretching if you feel any severe pain.
  – Hold your breath. Breathe rhythmically.
  – Bounce while you stretch.
Office Stretches

1. Neck - Side Stretch
2. Head & Neck Rolls
3. Shoulder Rolls
4. Shoulder Retraction
5. Shoulder Stretch
6. Torso - Side Stretch
7. Side Bend
8. Sitting Cat
9. Wrist Extensors
10. Wrist Flexors

Safety is No Accident!
Production / Warehouse Stretches

1. Shoulder Rolls
2. Head & Neck Rolls
3. Wrist Extensors
4. Arm Circles
5. Wrist Flexors
6. Finger/Hand Intrinsics
7. Backwards Shoulder Stretch
8. Frontward Shoulder Arm Stretch
9. Overhead Shoulder Stretch
10. Shoulder Retraction
11. Cervical Stretch
12. Lumbar Stretch

Safety is No Accident!
Service Stretches

1. Heel Cord Stretch (straight)
2. Heel Cord Stretch (bent)
3. Standing Hamstring Stretch
4. Forward Shoulder Round
5. Overhead Shoulder Round
6. Back Towel Stretch
7. Shoulder Towel Stretch
8. Wrist Extensions
9. Posterior Shoulder Stretch

Safety is No Accident!