

## **TOOLBOX TALK #2**

### **ERGONOMICS**

#### **STRETCH YOUR WAY TO BETTER HEALTH**

Stretching helps increase blood flow and oxygen to your extremities, and helps warm and loosen muscles and tendons. It also can help reduce sprains, strains and the risk of ergonomic injuries such as carpal tunnel syndrome or tendonitis.

Some basic stretching tips include:

- Pain is not gain – you should only stretch until you feel a mild tension that relaxes as you hold the stretch.
- If a stretch hurts, ease up on the amount of stretching and quit if you cannot do it without pain.
- Hold each stretch for 5 to 30 seconds.
- Breathe deeply and slowly while performing stretches.
- Consult your doctor before starting a stretching program if you recently had surgery or experience muscle or joint problems.

