



# Stretch & Flex

Incorporating a workplace stretching program can help improve the health and well-being of employees – especially for workers who may engage in repetitive actions or awkward movements throughout the day. Increased flexibility can help improve blood flow, reduce stiffness and pain, and may reduce the risk of injury.

## Tips for implementing a stretching program:

### **Supervisors/Managers**

- Incorporate an onsite 'stretch and flex' program into workplace policies.
- Offer stretch/flex training for those responsible for leading employees in exercises.
- Hang posters that demonstrate proper stretching techniques.
- Ensure stretch/flex exercises are incorporated into day-to-day routines.
- Provide an overview of the program during new employee orientation.

### **Shift leaders/foremen**

- Lead the team in daily exercises.
- Participate in stretching movements with the team.
- Encourage group stretching or independent stretching during or after breaks.
- Require employees sign a form confirming their participation in daily exercises.

### **Employees**

- Participate in routine stretching – begin each day or new task with mobility exercises.
- Consult physician before beginning any exercise program or with questions regarding specific movements.

## Tips for stretching and flexing:

### **Stretch smoothly**

Begin slowly and smoothly – work toward a position that starts to feel tight but never becomes painful.

### **Pain is not good**

Always ease into your stretch; doing otherwise could cause injury.

### **Breathe**

Keep body relaxed during movements – practice even and consistent breathing.

For more information and to request printable stretch and flex posters, contact your dedicated loss control representative.

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