

# Stretching



## The Warm Up



It's important to warm up your muscles **before** you stretch and **before** you engage in physical work.

Repeat this squat 10 times, slowly.

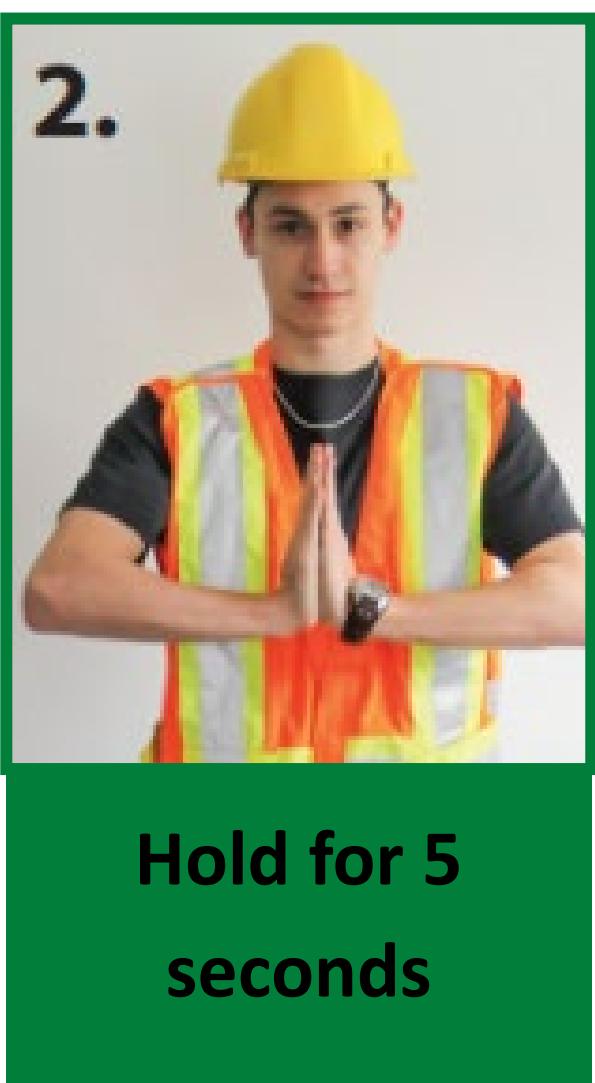
## Stretching Sequence

It's important to stretch before, and during physical work (approximately every  $\frac{1}{2}$  hour).

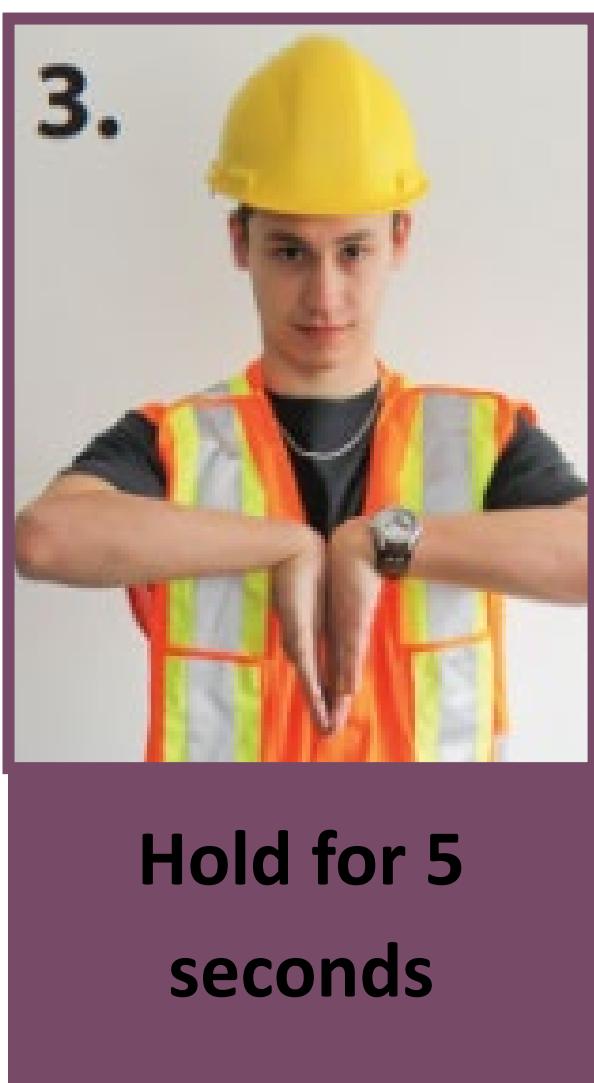
Neck



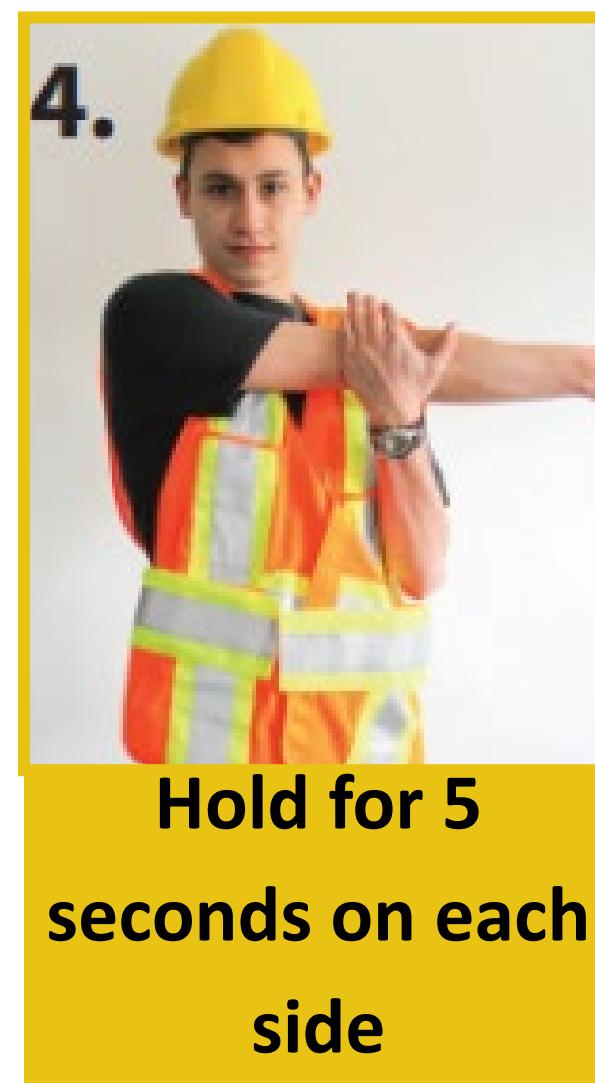
Top of Forearm



Underside of Forearm



Shoulder



Side



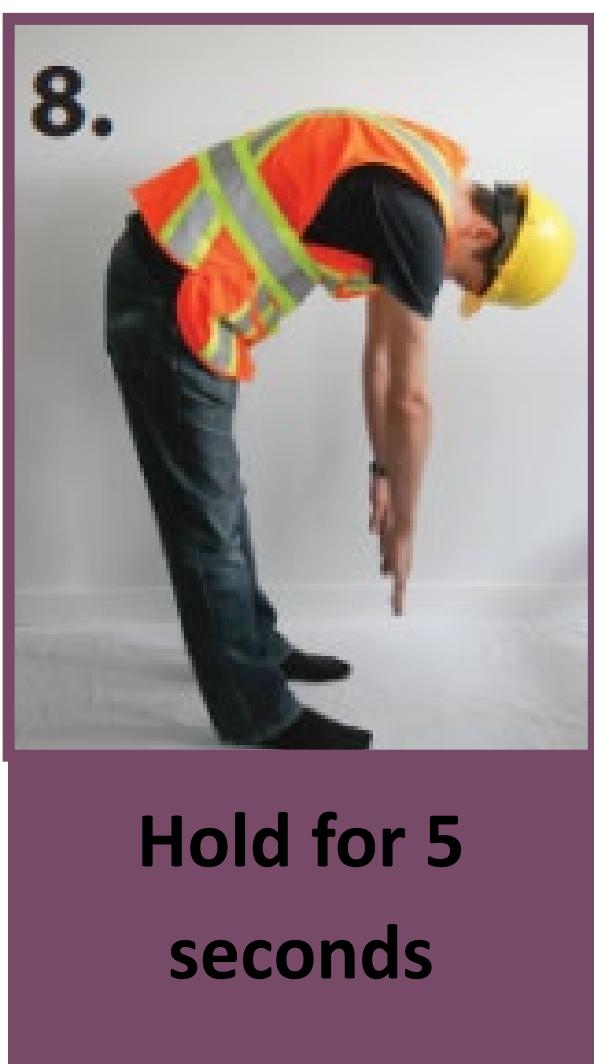
Back Twist



Back Extension



Forward Bend



Quadriceps



Hamstring



*"Safety is a core value and business priority"*