

Stretching & Manual Handling Tip



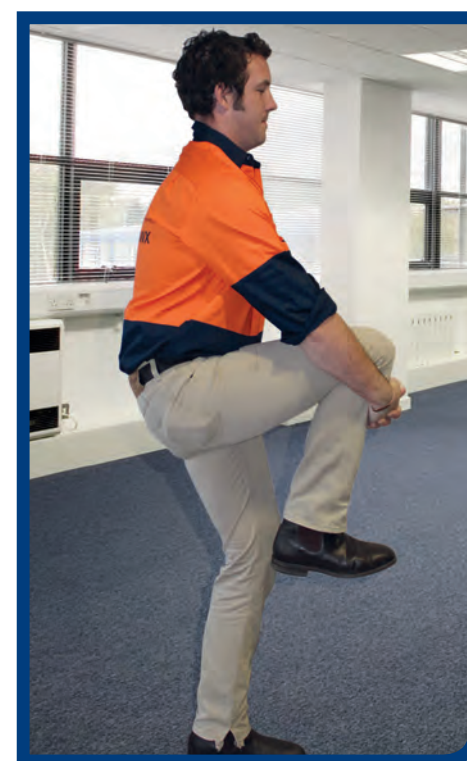
SIDE STRETCH

- Place feet shoulder width apart
- Cradle arms above head
- Brace elbow on side to be stretched
- Gently flex sideways
- Hold for 5 seconds
- Return to upright
- Repeat 3 to 5 times for both sides



BACK EXTENSION

- Hands behind hips
- Bend from lower back
- Hold for 3 seconds
- Return to upright
- Repeat 3 to 5 times



BACK STRETCH

- Stand against support
- Raise and grasp one knee
- Flex trunk into tuck position
- Hold for 3 seconds
- Return to upright
- Repeat 3 to 5 times with each leg



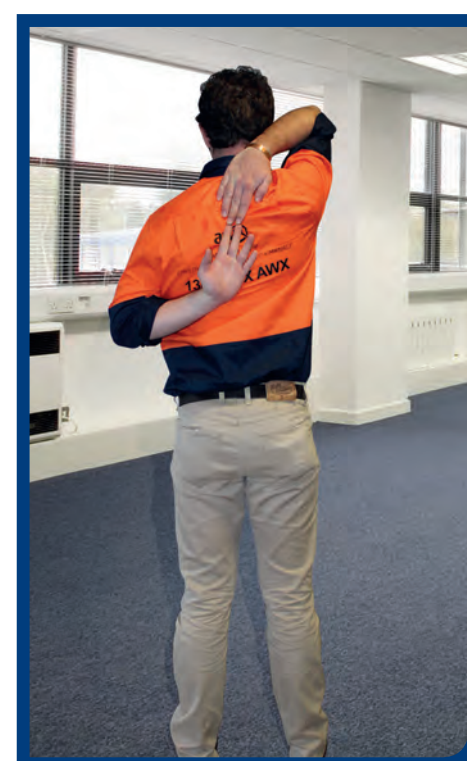
HAMSTRING STRETCH

- Extend one leg forward keeping it straight.
- Bend the other leg at the knee
- Extend arms along length of straight leg gently
- Hold stretch 5 seconds
- Repeat 3 to 5 times on both sides



QUADS STRETCH

- Supported standing
- Flex knee to grasp foot
- Stretch comfortably
- Hold for 5 seconds
- Repeat 3 to 5 times on both sides



POSTERIOR SHOULDER STRETCH

- Bring arm across chest placing hand over opposite shoulder.
- Place other hand on elbow apply gentle pressure
- Hold for 5 seconds
- Repeat 3 to 5 times on both sides



SHOULDER STRETCH

- One hand behind the head
- Other hand behind the back
- Try to grasp hands
- Hold for 5 seconds
- Repeat 3 to 5 times on both sides



HINTS FOR SAFE LIFTING

- Plan the lift
- Get close to the object
- Bend the knees with back straight
- Take a firm hold
- Lift with leg muscles and brace abdominal muscles
- Carry load close to body
- Never twist and lift
- Push rather than pull
- Get help

Consider stretching prior to lifting to reduce risk of strain/sprain.