STRETCHING
PREVENTS INJURIES

FARM SAFETY ASSOCIATION

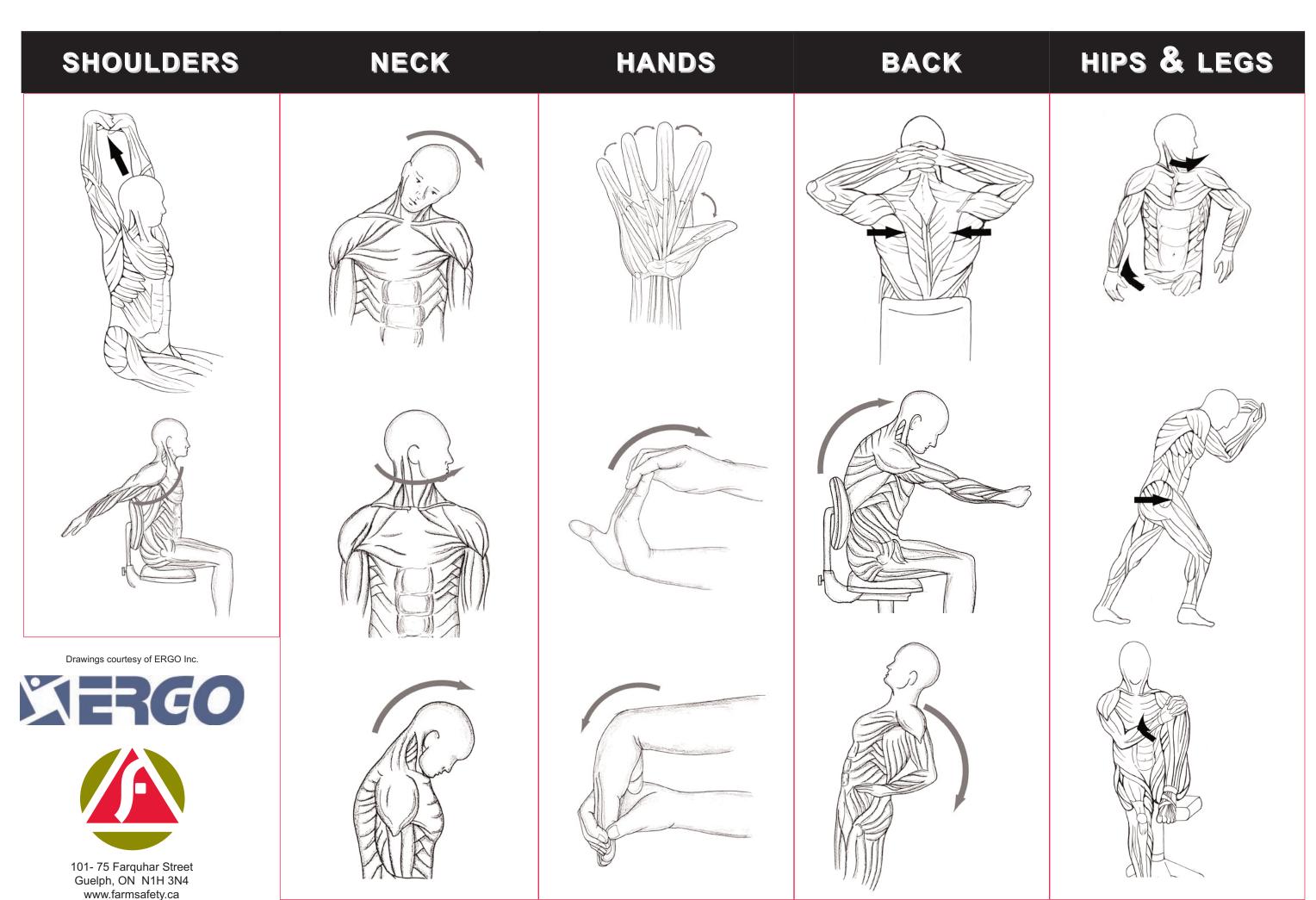*Growing Safety*

Stretches can be done at any time of the day, but they are most beneficial on warmed muscles. Make stretching part of your daily routine and stretch whenever you feel tension or pain. Don't overextend your joints or overexert your muscles, you should feel pressure - not pain.

SHOULDERS	NECK	HANDS	BACK	HIPS & LEGS

Drawings courtesy of ERGO Inc.

ERGO

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STRETCHING BENEFITS

✓ Gets oxygen and nutrients to the muscles and improves circulation.

✓ Helps to prevent muscle strains.

✓ Relieves muscle tension and stress.

✓ Keeps muscle fibers healthy.

✓ Increases the range of motion and flexibility of joints.

✓ Removes lactic acid deposits, which can harm muscle fibers.

STRETCH PROPERLY

✓ Stretch using a slow smooth movement. Avoid bouncing or fast jerky motions during your stretch.

✓ Extend the stretch only to the point of feeling mild tension.

✓ Hold each stretch for a minimum of 20-30 seconds (unless otherwise stated). Breath slowly through your nose, exhale out your mouth as you ease into each stretch.

✓ Recommended to repeat each stretch 3-5 times.

✓ Always stretch both sides of the body.