

Take a Stretch Break!



Sitting or standing for a long time can tighten muscles. Take frequent breaks to stretch these muscles. Stretching shouldn't hurt. Move slowly and gently stretching each side twice. These exercises are physical therapist approved.

CAUTION: If you experience any pain, numbness or tingling, avoid that exercise and consult a health care professional.

NECK Stay within a comfortable range.



SHOULDERS
Move arms slowly and hold.



CHEST
Keep your thumbs up.



WRISTS
Pull very gently on fingers.



BACK
Place hands in back pockets and push hips forward.*
*This stretch may not work for everyone. If you feel pain, numbness, or tingling in the back or legs, avoid it and consult a health care professional.



HIP FLEXORS
Think about bringing shoulders back and hip forward.

Disclaimer: These exercises should not be seen as a substitute for professional medical advice. Concerns about repetitive strain injuries or other medical conditions should be discussed with your doctor.

PREVENTION OF AGRICULTURAL RELATED BACK STRAIN AND INJURY



CCHSA Canadian Centre for Health and Safety in Agriculture
CCSSMA Centre canadien de santé et sécurité en milieu agricole



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