

TOOLBOX TOPICS

BACK STRAIN PREVENTION

No matter what your job requires you to do, some of your muscles may become strained while others don't do enough of the work. A few minutes of easy, on the job back exercises helps to prevent injury. You will feel more flexible and more able to function at the job site without pulling a muscle that could put you out of work for an extended amount of time.



BACK RELEASE

1. Sit with feet apart and neck relaxed.
2. Curl down slowly, relaxing your neck. Feel the stretch from your shoulders to your hips.

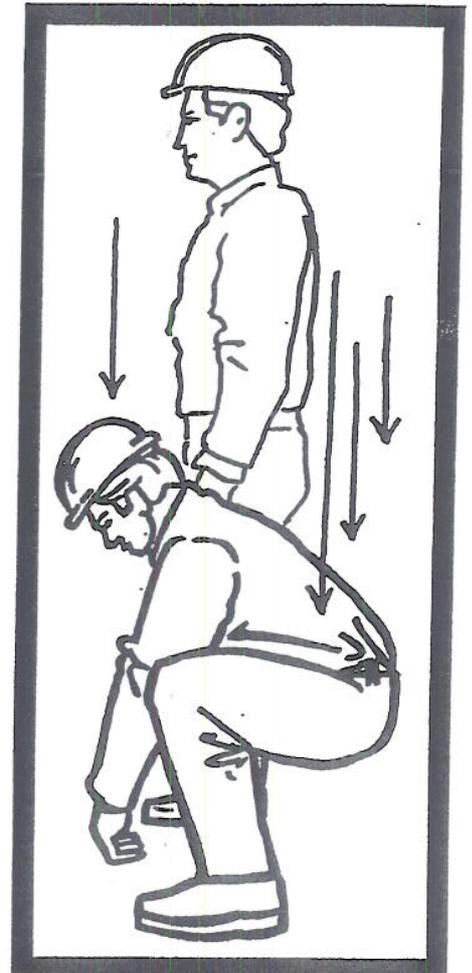
Hold for count of 5; repeat 3 times.



BACKBEND

1. Stand or sit, place your palms on your lower back.
2. Lean upper body back, without over arching your neck. Feel the stretch from shoulders to hips.

3. Hold for count of 5; repeat 3 times.



DEEP SQUAT

1. Stand with knees bent, feet apart and heels flat on floor.
2. Squat as low as leg muscles allow. Feel the stretch in your hips.

3. Hold for count of 5; repeat 3 times.