

Date: _____

Supervisor/Department: _____

PROPER STRETCHING

Actsafes's Toolbox Talks are intended as an informational resource for employers and supervisors to use to deliver a safety talk on a specific subject. A toolbox talk can be an effective way of refreshing workers' knowledge of safe work procedures and sharing information with more experienced workers.

Proper Stretching

Flexibility of the body is a most often overlooked concept considered only for gymnasts or runners. All workers need to stretch in order to maintain the strength of their muscles and mobility of the joints. If we don't stretch, the muscles shorten and become tight while developing weakness in the long run.

Benefits from stretching include:

- Decreased stress and muscular tension
- Reduced pain and stiffness
- Increased range of motion
- Improved function, health, and performance
- Reduced risk of injury

Keep in mind the following points while stretching:

- Stretch before the start of work. This helps in warming up the body and keeps the muscles well for the work ahead. A five to ten-minute warm-up can include walking at a measured pace, jogging slowly but never stretch cold muscles.
- Stretching after work is also encouraged to cool down the muscles and this also helps in removing lactic acid accumulation from the muscles.
- Stretch gradually. If a stretch is applied too quickly, it will initiate a reflex that contracts rather than stretches the muscle.
- Never stretch to the point of pain, and it's not necessary to count. Simply stretch until you feel the muscle relax.
- You can also stretch at work by taking micro-breaks of 10-15 seconds for every 15-20 minutes of continuous work activity.

Attendees (attach Sign-in Sheet if needed):

Name	Initials	Name	Initials
_____	_____	_____	_____
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