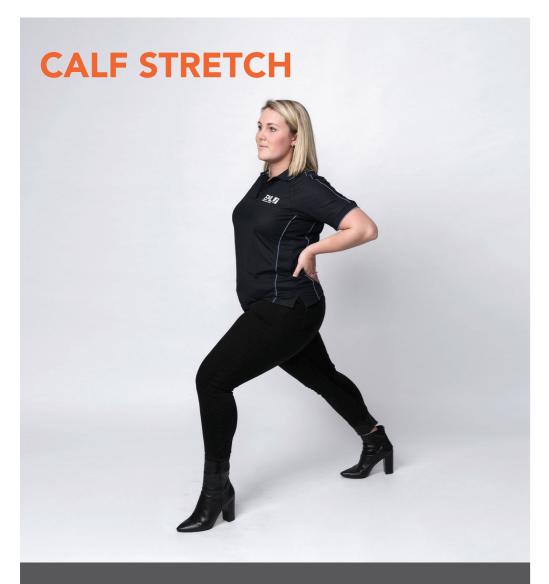
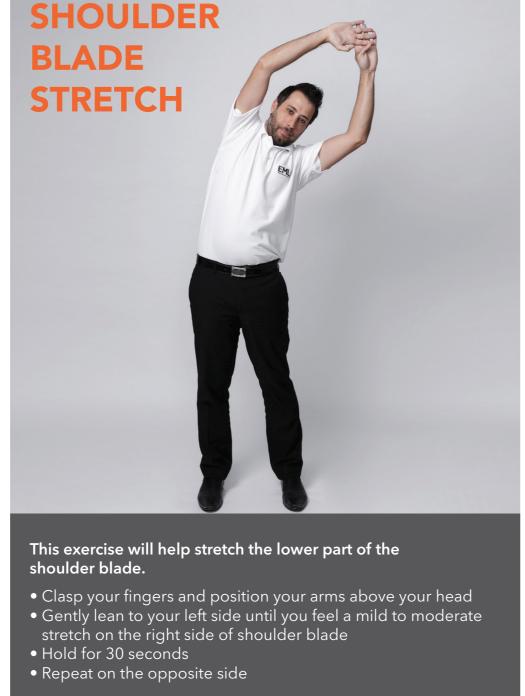
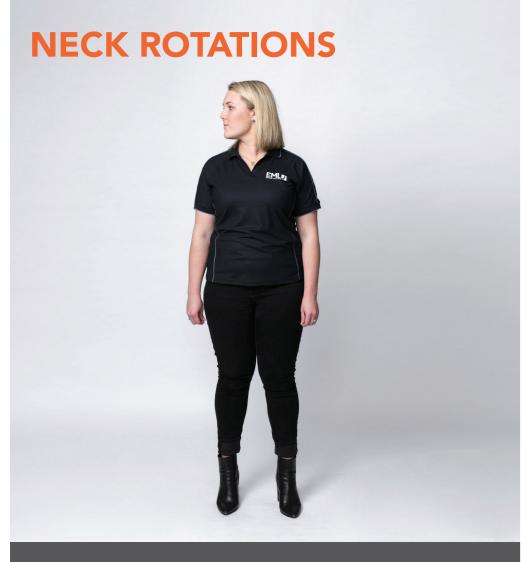
GET ACTIVE AT WORK

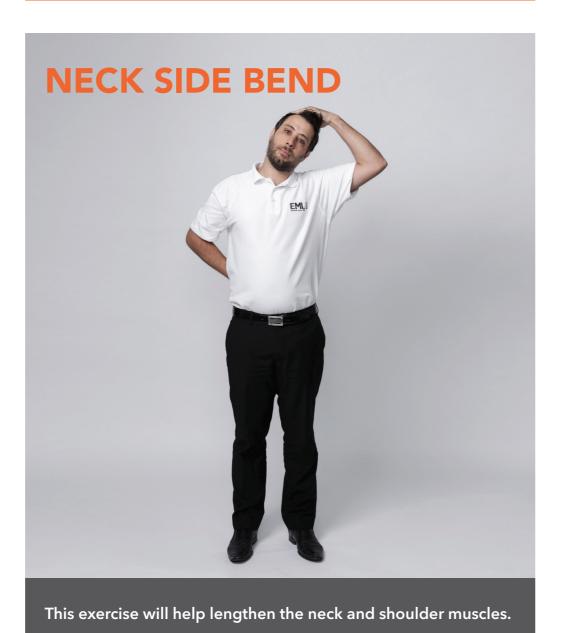


- While standing, take a step back with the leg to be stretched
 Feet should be facing forward and remain flat on the ground
- Hands can either be on your hips or with your palms touching
- a wall for stabilityHold stretch for 30 seconds
- Hold stretch for 30 seconds
 (You should feel a stretch in your calf)
 Repeat on the opposite side





- This exercise will help stretch your neck muscles.
- Standing tall looking aheadTurn your head to one side
- Repeat on the opposite side
 Hold for 30 seconds



• Gently tilt your head to the left, bringing your left ear towards

your left shoulder (You should feel a stretch on the right side

• Place your right arm behind your back

and behind your neck)Hold for 30 seconds

• Repeat on the opposite side

Stretches can be completed during breaks, before and after your shift. Perform them slowly and gently. Do not 'bounce' when stretching.

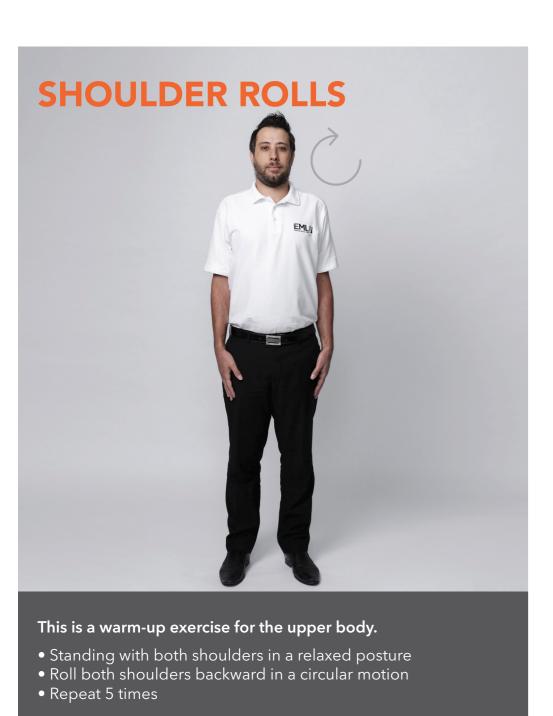
You should not feel any pain or discomfort when performing these stretches. If you do feel pain, cease the stretch immediately.

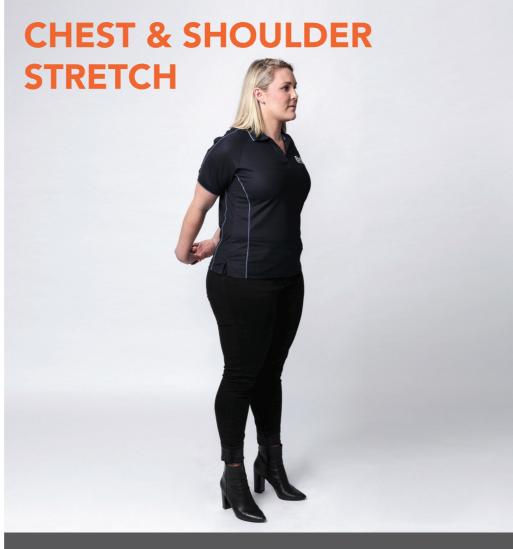
If you have an existing injury, consult a health professional prior to completing these stretches.

For more Workplace Health & Safety tools and information visit eml.com.au/resources









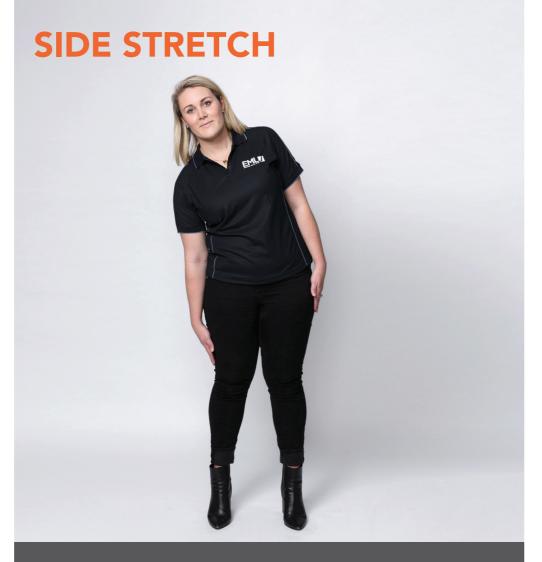
This exercise will help stretch the chest muscles and help prevent shoulder pain.

- Standing in a relaxed posture facing forward
- Clasp your hands behind your lower back
- Move your arms away from you, while gently squeezing your
- shoulder blades together Hold for 30 seconds





- Looking straight ahead • Gently tuck your chin back towards your spine until you feel a mild to moderate stretch at the back of your neck (Avoid dropping your chin to your chest)
- Hold for 5 seconds and repeat 3 times



- This exercise will help stretch the trunk muscles.
- Standing with feet shoulder width apart and arms at your side
- Slowly slide your left hand towards your left knee • Hold for 30 seconds until you feel a mild to moderate stretch
- at the opposite side of your upper trunk • Repeat on the opposite side

Stretches can be completed during breaks, before and after your shift. Perform them slowly and gently. Do not 'bounce' when stretching.

You should not feel any pain or discomfort when performing these stretches. If you do feel pain, cease the stretch immediately.

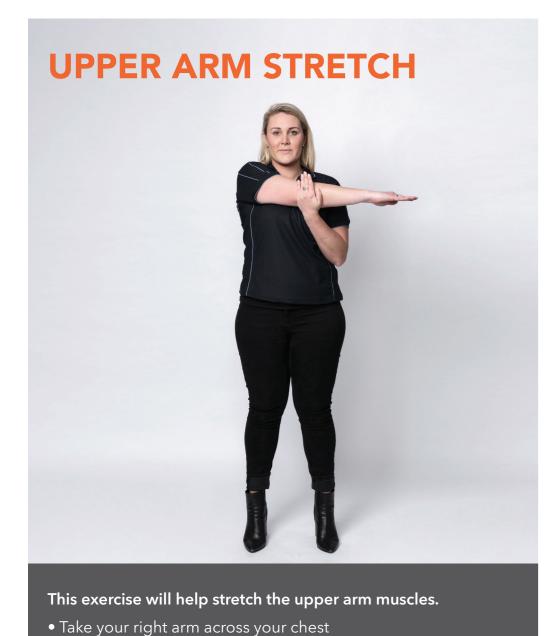
If you have an existing injury, consult a health professional prior to completing these stretches.

For more Workplace Health & Safety tools and information visit eml.com.au/resources





GET ACTIVE AT WORK

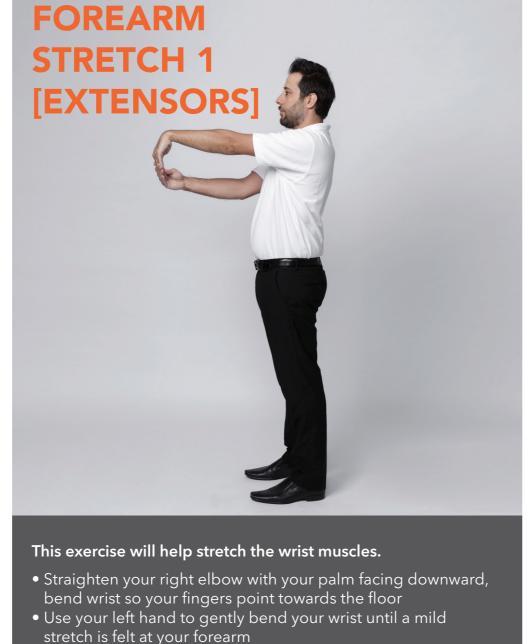


• Gently use the left arm to push your right arm towards your

chest to increase the stretch

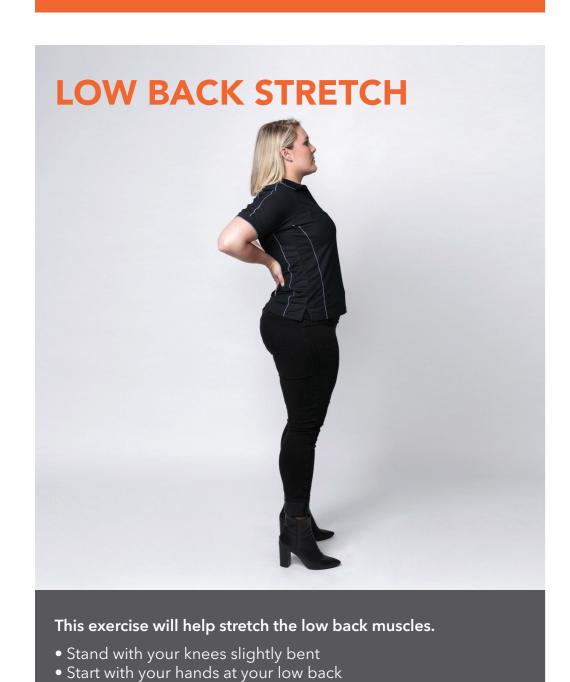
• Repeat on the opposite side

• Hold for 30 seconds

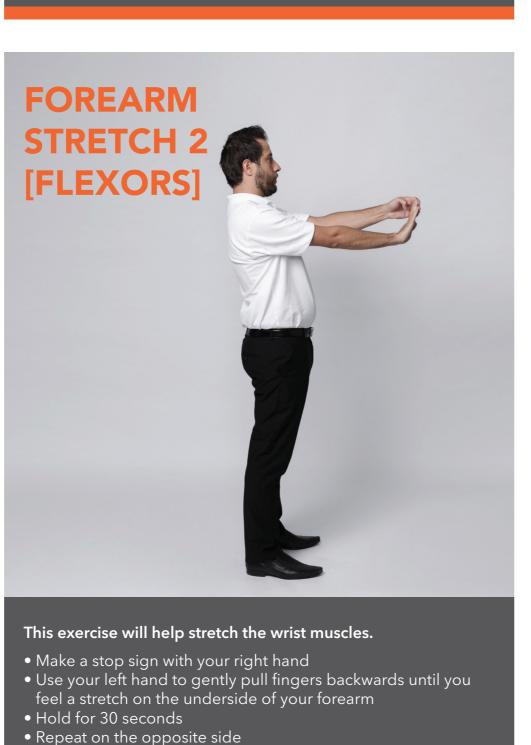


• Hold for 30 seconds

• Repeat on the opposite side



• Slowly bend backward as far as you can without discomfort



Stretches can be completed during breaks, before and after your shift. Perform them slowly and gently. Do not 'bounce' when stretching.

You should not feel any pain or discomfort when performing these stretches. If you do feel pain, cease the stretch immediately.

If you have an existing injury, consult a health professional prior to completing these stretches.

For more Workplace Health & Safety tools and information visit eml.com.au/resources

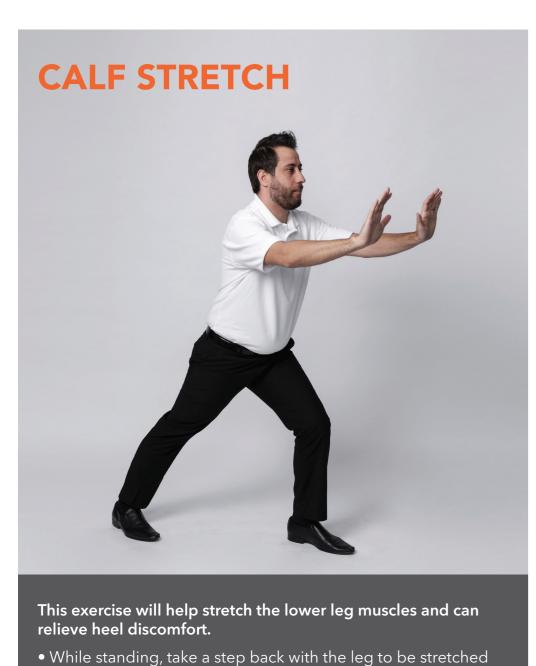




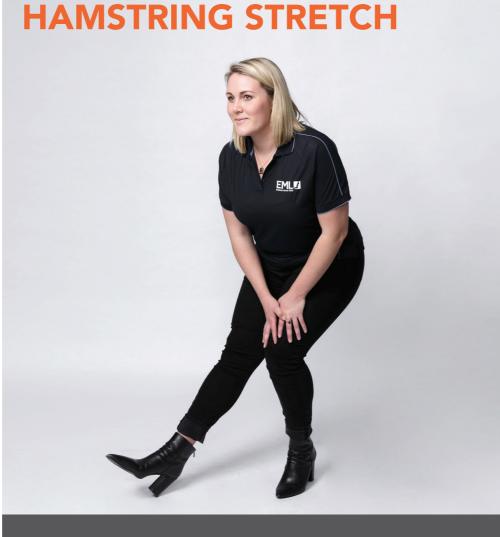
• Hold for 5 seconds

• Repeat twice

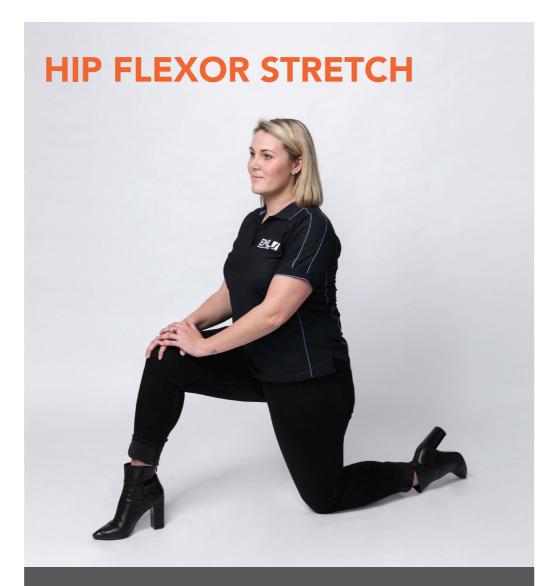
GET ACTIVE AT WORK



- Feet should be facing forward and remain flat on the ground
 Hold stratch for 20 seconds You should feel a stratch in
- Hold stretch for 30 seconds. You should feel a stretch in your calf
- your calt
 Repeat on the opposite side



- This exercise will help stretch the thigh muscles.
- Step forward with the leg to be stretched forwardBend forward from the hips keeping your back straight
- Point your toes towards the ceiling (until you feel a stretch in the back of your thigh)
- Hold 30 secondsRepeat on the opposite side
- This exercise will help stretch your thigh muscles.
- While standing, bend your right knee and gently pull your right ankle towards your bottom
- Push your hip forward. You may need to use your left hand for support
- Hold 30 seconds
- Repeat on the opposite side



- This exercise will help stretch your hip muscles.
- From a standing position, take a step forward with the left leg
- and slowly lower the right knee to rest on the floor
 Gently push your hip forward. You should feel a stretch in the
- front of the right thigh
 Hold stretch for 30 seconds
- Repeat on the opposite side

Stretches can be completed during breaks, before and after your shift. Perform them slowly and gently. Do not 'bounce' when stretching.

You should not feel any pain or discomfort when performing these stretches. If you do feel pain, cease the stretch immediately.

If you have an existing injury, consult a health professional prior to completing these stretches.

For more Workplace Health & Safety tools and information visit eml.com.au/resources



