

Warm-Up Stretches

Stretching before you begin your work will prepare your body for the physical activities that follow.

Why Stretch?

The #1 reason to stretch is to avoid injury. Your work involves a lot of walking, lifting, bending, turning, and twisting. Stretching offers the following benefits:

- Increased blood flow to muscles to help prevent injury
- Increased range of motion of joints
- Improved flexibility
- Improved coordination
- Improved balance and posture
- Reduced lower back pain

How Often Should You Stretch?

You should stretch for 1 minute each day before you leave the custodial closet to perform your work.

What Muscles Should You Stretch?

At the very least, you should stretch the muscles in your neck, back, and legs. The following pages will give you some sample stretches that you may perform.



Trainer's Toolbox

- Share the benefits of stretching.
- Discussion point: How does stretching relate to the line of the creed, "A JanOPS Specialist is safe."



S.H.A.P.E.
Health

It only takes one pulled muscle to realize it's worth the time it takes to stretch. A pulled muscle can greatly limit the type and amount of activities you can perform.



S.H.A.P.E.
Performance

Studies regarding continuous stretching show improved performance in speed, strength, power, and muscle endurance.

Trick of the trade

The right way to stretch is slow and relaxed while breathing easily. Do not bounce! This can actually cause you to pull the muscle you are trying to stretch.

Did you know?

A survey done by Roseburg Products in Oregon showed a 91% reduction in injuries after one year of pre-work stretching exercises on the job.