

## Stretching Program

**Purpose:** Stretching prior to starting work helps prepare your body for physical activity, reduce the risk of injuries and enhance overall performance by improving flexibility, mobility, and muscle readiness.

### Program Implementation

1. **Daily Practice:** Lead stretches at the start of each shift and after lunch breaks
2. **Morning stretches:** While the stretching is being done, the Foreman or Leadman shall:
  1. Set Expectations for the Day
  2. Identify and Address Hazards
  3. Communicate Key Updates
  4. Acknowledge accomplishments or milestones
  5. Perform daily toolbox talk
  6. Open the floor for Questions or Concerns.
3. **Leadership Rotation:** Rotate team members to lead stretching sessions
4. **Documentation:** Sign-in sheets track accountability

### Stretching Routine

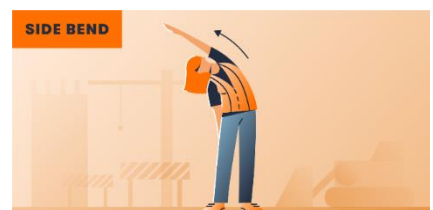
#### 1. Neck Stretch (2 sets, 15 to 30 seconds per side)

- **Target Areas:** Neck and upper shoulders.
- **Instructions:**
  1. Sit or stand with your back straight.
  2. Tilt your head to the right, bringing your ear toward your shoulder.
  3. Use your right hand to gently pull your head closer to your shoulder for a deeper stretch.
  4. Hold, then switch sides.



#### 2. Side Bend (2 sets, 15 to 30 seconds per side)

- **Target Areas:** Obliques and sides of the torso.
- **Instructions:**
  1. Stand with your feet shoulder-width apart.
  2. Raise your right arm overhead and rest your left hand on your hip.
  3. Slowly lean to the left, keeping your chest open and your core engaged.
  4. Hold, then switch sides.



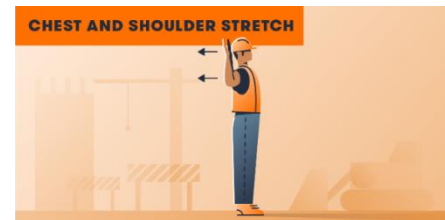
### 3. Quadriceps Stretch (2 sets, 15 to 30 seconds per side)

- **Target Areas:** Front of the thighs.
- **Instructions:**
  1. Stand tall and hold onto a wall or sturdy object for balance.
  2. Bend your right knee and grab your ankle or foot with your right hand.
  3. Pull your heel toward your glutes, keeping your knees close together.
  4. Hold, then switch sides.



### 4. Chest and Shoulder Stretch (2 sets, 15 to 30 seconds per side)

- **Target Areas:** Chest, shoulders, and upper arms.
- **Instructions:**
  1. Stand with your feet hip-width apart.
  2. Clasp your hands behind your back, palms facing inward.
  3. Straighten your arms and lift your hands slightly while pushing your chest forward.
  4. Keep your shoulders relaxed and your gaze forward.



### 5. Calf Stretch (2 sets, 15 to 30 seconds per side)

- **Target Areas:** Calves and lower legs.
- **Instructions:**
  1. Stand facing a wall with your hands pressed against it at shoulder height.
  2. Step your right foot back, keeping it straight, and bend your left knee.
  3. Press your right heel into the floor to feel a stretch in your calf.
  4. Hold, then switch sides.



### Tips

- **Focus on Form:** Avoid hunching or overextending.
- **Stay Balanced:** Use a wall or sturdy surface for support if needed.
- **Breathe Steadily:** Inhale deeply and exhale slowly during each stretch.
- **Don't Push Too Hard:** Stretch until you feel a gentle pull—never to the point of pain.