

THE INDUSTRIAL ATHLETE

<https://iws.support/stretch-and-flex>

Industrial Athlete Program: <https://iws.support/injury-case-management>

Stretching is an important task for avoiding injuries. It is so easy to strain, sprain, or tear a muscle in your body when your body is not conditioned properly.

There are some safe work habits that you can use to avoid being injured. Lifting heavy items is one way to strain a muscle in your body. If you use the buddy system when lifting heavy objects, you can reduce the strain that you are putting on your body.

Engineering controls need to be utilized to work as effectively and safely as you can. If your job involves manually lift heavy items, try implementing stretching routines beforehand. When your muscles are warmed up prior, you are less likely to sustain an injury.

We have always heard of stretching before a workout. But do you stretch before work? The Mayo Clinic says there are benefits to stretching before beginning strenuous activities. If your job includes bending, straining, and lifting- some basic stretches before your day begins may help. A few of the benefits that you can see:

- Improve your flexibility
- Improves your posture
- Improve your range of motion for joints
- Decreases back pain
- Increase muscle functioning
- Reduce the chances of injuries due to job tasks

If you make the decision to stretch before work, be sure to do so safely. There are many instances of people pulling muscles during their stretching exercises. Be sure not to put too much strain on cold muscles.

You should begin with some aerobic exercises to get everything awake before you stretch. When you stretch, you should feel good. You should not experience pain. When stretching is painful, you are pushing your body too hard. Let off a little bit and work your way up. If a member of the team has pain from previous injuries or medical conditions, make sure that person feels comfortable to not participate. They may want to seek out their medical doctor's advice. Their doctor can help to instruct them on the proper ways to perform these stretches.

The proper way to stretch is to work your way into it. Your body becomes more flexible as you condition it. When you are stretching in the beginning, lean in until you feel the tension. That is the point that you want to stop so you do not injure yourself. Hold that position for about 30 seconds and release.

When you are stretching, it is important to be aware of your limitations. You can stretch too much or too forcefully and injure yourself. There is sometimes a certain order in which stretching should happen. Especially, when you are performing different tasks. Go here for a more specific stretching program regimen: <https://iws.support/stretch-and-flex>

Each worker should always consider what the safest option is for them while working. If a person feels that stretching before they begin the workday is the right choice for them, then they should do it.

There are many pros and cons to the practice of stretching. It is more of a decision that a person must make for the health and wellbeing of their own body.