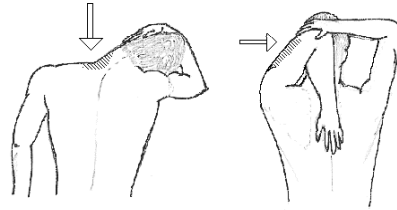


Warm Up Before Physical Activity

Warm up before physical activity to prepare your body for a full range of motion.

Try these three stretches before beginning work and any time you feel stiff. Remember to start in neutral posture.

If you have an injury or any previous injuries or medical conditions that make you believe it may not be advisable to do these stretches, consult your health care professional before beginning them. If you feel unexpected pain while doing these stretches, stop and consult your health care professional.



Trapezius Stretch



- With your left hand, gently pull your right ear and try to touch your right shoulder.
- Next, keep your head upright with your left arm placed in the center of your back. Grab your left elbow with your right hand, pulling your left arm towards the center of your back.
- Hold for 10 counts; then relax.

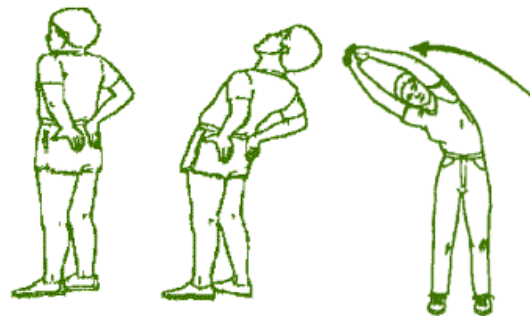
Deltoid

Stretch

- Stand in a neutral position.
- Grab your elbow with your opposite hand and pull it straight across your chest until you feel a gentle stretch in the back of your shoulder.
- Hold for 10 counts, and then relax.

Lumbar Stretch

- Place your hands firmly against the back of your hips.
- Bend backward until you feel a stretch.
- Clasp your hands together over your head.
- Lean to the side until you feel a stretch.



Follow the seven steps to safe lifting to minimize the chance of suffering a back injury.

For more information contact the WCB's **Prevention, Safety and Return to Work** department.