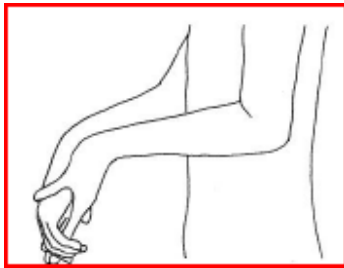


TOOL BOX TALKS

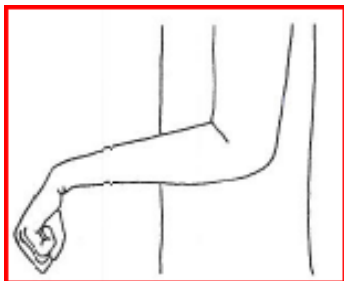
Stretching Exercises

Good ergonomics & safety for computer workstation users involves frequent stretch breaks. It is recommended that exercises be done every two hours. Hold each stretch position for 10 to 30 seconds. Stretch breaks help circulate oxygenated blood throughout the body, which helps keep muscles functioning well. Consult your physician before beginning an exercise regimen. Also, remember to stop the exercise if pain is experienced.

WORKSAFE TIPS



Holding palm up, gently push the wrist and fingers back with the opposite hand.

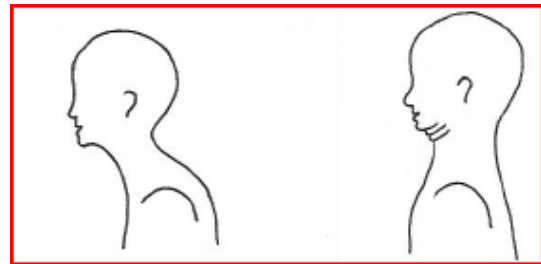


Make a fist & bend the wrist in a downward motion.



Spread fingers apart & hold.

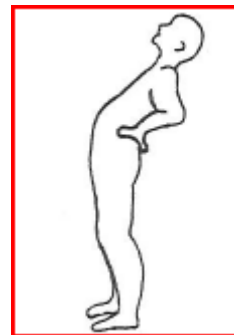
Courtesy the University of California at Berkeley www.uhs.berkeley.edu



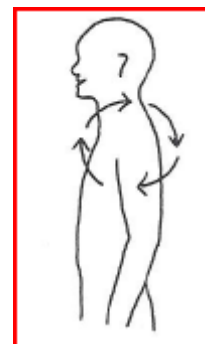
Relaxed.

Stretched.

Glide the head straight back toward the spine without tilting the chin.



Put palms of hands in the hollow of the back & bend backwards.



Slowly roll shoulders backwards ten times.



These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Employers Mutual Insurance Company assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.

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