

PLAYING IT SAFE



Stretch the Stress of the Workday Away

Tips for avoiding injury at your workstation

Spending eight to 10 hours at a desk can cause serious problems for your joints, muscles and bones. The way you answer the phone, sit in your chair and organize the items on your desk directly affects your physical state.

Focusing on ergonomics, the study of human movement capabilities in relation to work demands, may assist in lessening the physical strain caused by workstation layout. Try the following stretches right at your desk to help ease the tension in your muscles and joints.

Whole Body Stretches

- Stand up and sit down without using your hands.
- Sit on an exercise ball for 30-minute periods to engage your back, abdomen and leg muscles while maintaining good posture.
- Stand, stretch your arms to the ceiling and breathe deeply for five seconds. Repeat.

Neck, Back and Shoulder Stretches

- Inhale and shrug your shoulders to your ears. Hold for five seconds and release. Repeat.
- Grab your right elbow with your left hand, and stretch your arm across your chest. Hold this position for five seconds and switch to your

other arm.

- Stretch your arms around the opposite shoulder blade and give yourself a hug.
- Hug your legs with your arms while sitting, allowing your chest to rest on your legs.

Finger, Hand and Wrist Stretches

- Clench your fists, stretch your hands out parallel to the ground and do 10 wrist circles in each direction.
- Extend your arm to the floor and push your fingers with your opposite hand towards your body. Hold this stretch for five seconds and then switch hands.

Lower Body Stretches

- Grab the right side of your chair with your left hand as you twist your upper body to the right. Hold pose for five seconds. Then, reverse movement for left side.
- Stretch your legs in front of you and point and flex your toes 10 times.

Take regular mini-breaks every hour to implement these stretches into your daily routine.

Be safe and healthy on the job at work with these helpful tips provided by **RiskSOURCE Clark-Theders**.

“During your lunch hour, eat outside, walk to a nearby eatery or hit the gym for a quick workout. You’ll feel refreshed and ready for the rest of your day.”

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