



Work Warm-up — Spinal & Lower Extremity

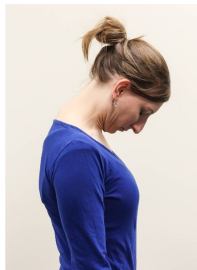
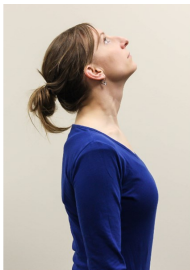
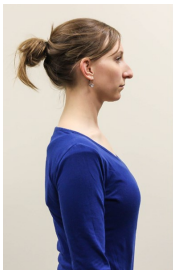
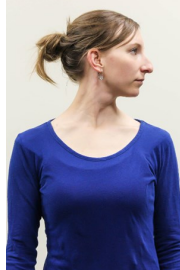
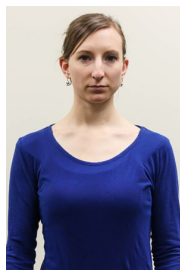
When should the work warm-up be completed?

- ⇒ At the beginning of the shift
- ⇒ After breaks

Warming up the neck:

Gently rotate the neck to each side and Look up and down

Repeat 2-3 times each direction. Keep neck extension range small.

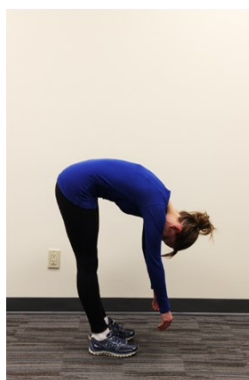
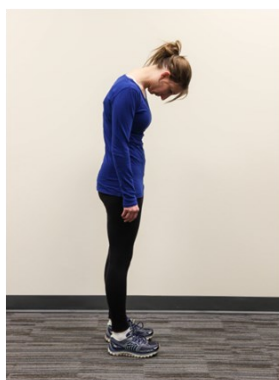
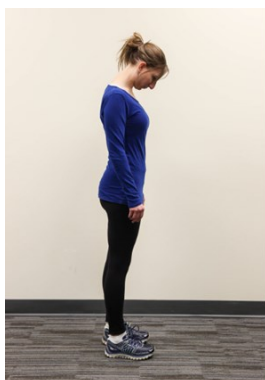


Warming up the lower back:

Forward Back Bends

Slowly bend each joint downward as far as is comfortable. Repeat 3-4 Times.

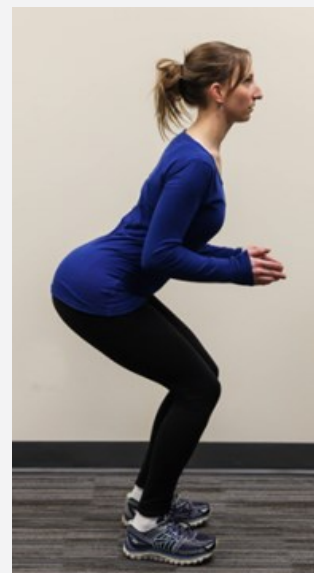
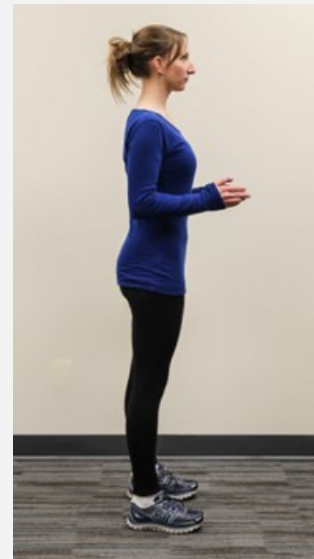
Hold the downward position if desired.



Warming up the spine and legs:

Low intensity squats while maintaining the S-shaped spinal curve

Repeat 5 to 10 times



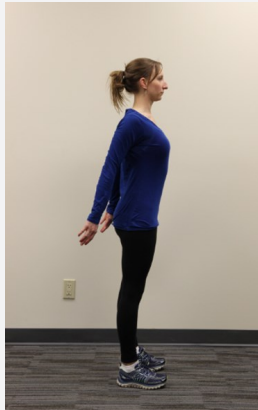
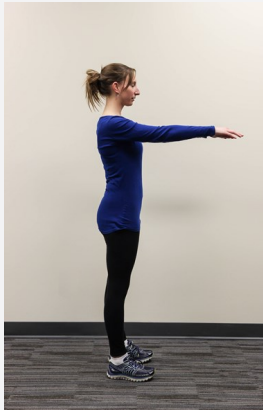


Work Warm-up — Arms and legs

Warming up the shoulders

Gently swing the arms forward and back 5-10 times

Shoulder Swings



Why Perform a Warm-up?

- To get blood flowing to the muscles to deliver oxygen and nutrients
- To warm the muscles to make them more flexible to prevent injury
- To raise your body temperature and get your heart pumping in preparation for work
- To lubricate the joints for ease of movement
- To mentally prepare for the workout.

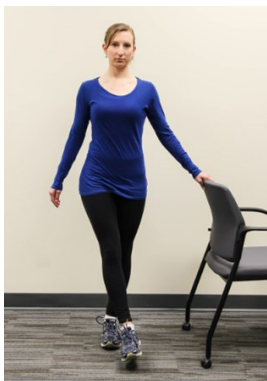
Warming up the legs

Leg Swing Lateral



Gently swing the leg side to side and forward and back.

Repeat 5 to 10 times each direction



Leg Swing Forward

