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# Get active to prevent injuries at work

Research shows that stretching and moving for 2 minutes every 30 minutes reduces the risk of injury in the workplace!



## Neck stretch

Sit up straight with your arms relaxed and your gaze forward. Gently tilt your head over to one side by dropping your ear down towards your shoulder and hold for 20-30 seconds. Perform twice on each side.



## Head turn

Sit up straight and slowly turn your head to look over your shoulder. Hold for 20-30 seconds and perform twice on each side.



## Wrist, hands & arms stretch

Sit up straight and interlace fingers with palms facing outwards. Straighten your arms in front at shoulder height and hold for 20-30 seconds. Repeat.



## Upper back stretch

Sit up straight and place your hands behind your head. Extend your upper back over the top of the chair. Hold for 20-30 seconds. Repeat.



## Sitting slump stretch

Sit up straight then slowly slide your hands down your legs until you reach the floor. Hold for 20-30 seconds and repeat.

## Chin tucks

Sit up straight and gaze forward. Tuck your chin in to resemble a "double chin". Hold this position for 1-2 seconds. Do not let your head move downwards. Repeat several times.



## Shoulder roll / squeeze

Sit up straight and shrug your shoulders up to your ears, then roll them back and downwards, squeezing your shoulder blades together. Hold for 20-30 seconds and repeat.



## Sitting side stretch

Sit up straight and interlace fingers with your palms facing outwards. With your arms above your head lean to the side. Hold for 20-30 seconds and perform twice on each side.



## Ankle flex

Sit up straight and take one foot off the ground. Straighten leg out then move up pivoting from the ankle, doing this for 20-30 seconds and perform twice with each foot.



## Back Extension stretch

Stand up and place your hands on your lower back. Gently lean backwards and hold for 20-30 seconds. Repeat.

