



# SAFETY BRIEF

## STRETCHES TO GUARD AGAINST MUSCULOSKELETAL DISORDERS

Repetitive movements, constant bending and working with certain equipment can put you at risk of developing a musculoskeletal disorder. Perform these stretches to help strengthen your arms and back:

### SIDE BEND

- Stand up straight and clasp your hands above your head
- Slowly begin to stretch your arms up towards the ceiling
- Bend slowly towards one side of your body and briefly pause
- Repeat the process on the opposite side of your body
- Return to your starting position

### WINDMILL

- Stand up straight in a relaxed position
- Extend one arm up into a 45-degree angle with the opposite arm pointing downwards into a 45-degree angle
- Gently begin stretching your arms in opposite directions so you feel a slight stretch between your shoulder blades

### CROSS-FINGER STRETCH

- Stand up with your arms extended in front of your body
- Lace your fingers together with your palms facing outward
- Stretch your arms forward and hold for 10 seconds
- Repeat the same stretch while leaning side to side

### NERVE STRETCH

- Place your palm flat against a wall with your fingers pointing upward
- Straighten out your elbow while gently pressing against the wall for 20 seconds
- Perform this same stretch with your fingers pointing downward
- Repeat this process on the opposite arm



Corporate Office: 717 Mulberry St. | Des Moines, IA 50309 | 800-447-2295 | [www.emcins.com](http://www.emcins.com) |    

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