



# Ergonomics/Material Handling Stretching

Policy

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## Policy Overview

### Description:

The company's ergonomics and material handling section will provide general guidelines for the elimination and reduction of musculoskeletal injuries.

### Purpose:

The following section will examine general material handling guidelines, construction ergonomics and a pre-work stretching program to assist workers.

### Scope:

All Employees

## Guidelines

### Guidelines:

#### Material Handling

- The following general guidelines apply to a diverse set of operations, from manual material handling to storage and disposal. Additional guidelines for material handling and equipment can be found in the Cranes and Material Lifting Devices Appendix.

#### Manual Handling

- All material should be properly stored and at the appropriate height to minimize struck by and crushed by injuries
- When lifting material, it should be lifted in such a way as to minimize the amount of bending, twisting and turning
- Material and equipment should be stored as close to the work area as practicable

- All workers should examine their workplaces to detect any unsafe conditions prior to handling materials; such conditions include, but are not limited to:
  - Slip and trip hazards
  - Uneven surfaces
  - Holes
  - Equipment
  - Tools
  - Stowed material
  - Limited access
- Workers should never attempt to lift material that is too large or too heavy alone; alternatives include:
  - Using mechanical methods such as carts, pallet jacks, dollies, wheeled racks, lift gates etc.
  - Using equipment such as forklifts, cranes, conveyers etc.
  - Breaking the material down into smaller and lighter pieces
  - Seeking assistance from other workers
- Additional PPE shall be used when handling material; examples are as follows:
  - Puncture or cut resistant gloves and arm/hand protection for objects with sharp or rough edges
  - Rubberized gloves for slippery or low friction material
  - For more information refer to the Personal Protective Equipment section 15
  - When unloading and offloading material and equipment from trucks only essential personnel should be in the area and even then, all personnel should stay clear of the load to protect against objects that may have shifted during transport, rolling structural steel etc.

## Storage

- Materials, tools and equipment should be stored at the level at which it is most easily and readily accessed e.g., waist level, ground level
- All stored materials, tools and equipment should be secured or otherwise protected to prevent accidental displacement; further:
- All items such as ladders, frames or other materials stored against walls should be secured
- Rolling carts and tool boxes should have their wheels blocked or locked
- Materials, tools and equipment should not be stored on top of tool vans, carts or other overhead storage areas unless it is secured
- Boxed materials should be banded or held in place using cross-ties or shrink plastic fiber
- Pipe, bar, conduit, all-thread, and other rolling objects should be stored in racks
- Safe procedures should be established for the unbundling and unloading of any materials delivered with special care taken for objects that can roll, wrack or shift
- Structural steel should be stacked in such a way as to prevent rolling or shifting

- Aisles and passageways should be kept clear to provide for the free and safe movement of material handling equipment or employees
- No material should be brought to the project that cannot be readily utilized and installed
- At no time should stocks of material exceed that needed for more than two (2) weeks of activities without prior approval from project management

## **Disposal**

- All workers are required to clean up their work areas at minimum daily
- Storage areas should be kept free from debris, accumulated materials and non-essential equipment
- All debris, scrap material and general rubbish should be removed from the work area as soon as practicable
- All workers should place their waste materials into dumpsters, buggies, carts, barrels or other trash receptacles first to avoid handling of material twice; this will require ensuring these disposal containers are located near to work and emptied regularly
- Each contractor is responsible for the timely disposal and removal of debris from the project and this may include providing their own trash and debris disposal containers

## **Training**

- Training on safe material handling should be conducted for all employees engaged in these activities. Training should include the following topics:
  - General principles of ergonomics
  - Recognition of hazards and injuries
  - Safe lifting practices
  - Proper use of equipment
  - Procedures for reporting hazardous conditions
  - Methods and procedures for early reporting of injuries
  - Health risks related to improper lifting and material handling

## **Construction Ergonomics Risk Factors**

- Risk factors for musculoskeletal disorders of the hands, wrist, neck and shoulder may include:
  - Force or muscle effort
  - Awkward body postures.
  - Repetitive work
  - Contact pressure
  - Vibration
  - Temperature

## **Excessive Force**

- Force is the amount of effort it takes to do an activity or work. Lifting, pushing, pulling, and gripping a tool are examples of activities that require exerting force or muscle effort. Keeping the body in one position for a period of time (e.g., doing overhead work) also requires muscle effort; the more force that is exerted, the greater the stress on the body.
  - Ensure the right equipment for the job is used.
  - Ensure tools are sharp, well maintained and fully charged.
  - In drilling operations, pre-drilling holes can ease the force of screwing into heavy gauge metal studs.
  - When possible use a power grip (full-hand grip) versus a pinch grip that only uses the fingers.
  - Two hands should be utilized whenever practicable.
  - Ensure handles of tools are clean, dry or have a non-slip surface.
  - Ensure that tools have a handle or grip that is not too large or small for the hand.
  - Ensure that the wrist and hand are kept in a neutral position as much as possible when using tools; minimize bending of the wrist.
  - Ensure gloves fit and are of the appropriate type; gloves that are too tight or too loose or made of certain materials (some chemical-resistant gloves) may cause the user to grip tools more tightly than without.
  - Keep loads close to the body when carrying or lifting.
  - Reduce the size or weight of the item to be lifted when possible.
  - Get help to lift heavy or awkward materials or objects.
  - Store material at the level it is going to be most readily used e.g., floor, waist height, etc.
  - Push loads versus pulling loads and ensure good body position when pushing.
  - Ensure the walking surface is suitable, e.g., good traction, material can easily be rolled or moved over it, free from slip or trip hazards, ideal slope, etc.
  - When holding a posture for a prolonged period of time, ensure that we change positions periodically or take a rest; padded mats, new shoes or orthopedic inserts may help minimize some of the stress.

### **Awkward Body Postures**

- In general, the most comfortable working postures are when the shoulders are down and relaxed, the arms are close to the sides, elbows are bent and wrists and hand straight, like the posture used to shake hands with someone. This is called a neutral posture or position. It takes more muscle effort to work at eye height than to work at elbow height. When the working posture is out of the neutral position, there is increased stress on the body and greater muscle effort is required.
- When possible, work with the arms in the neutral position.
- Minimize the amount of overhead and over the shoulder height work.
- Avoid reaching and awkward body positions.

- Position the tool, equipment or work surface in a way that places the worker in a more ideal working position.
- Ensure ladders face the work surface or ladder platforms are utilized to minimize twisting.
- Pre-fab or assembling materials may help minimize awkward body positioning.
- Minimize the amount of bending, twisting and lifting that is performed – especially of heavier loads.
- Good housekeeping practices and proper storage of materials should be maintained at all times

### **Repetitive Work**

- Nailing a deck, screwing drywall, tying rebar, and making terminations are examples of repetitive tasks. When possible we want to minimize the amount of repetitive type of work being done. Some general guidelines include:
  - Change tasks or positions as much as possible
  - Ensure different muscle groups are used when we change tasks
  - Ensure adequate breaks are taken
  - Job rotation
  - Use mechanical means to minimize the amount of repetitive work being done such as nut driver, wire stripper, pneumatic deck crimper, nail gun etc.
  - Engineer or redesign the task, especially if the task is of long duration

### **Vibration from Hand Tools**

- Rotary hammers, chainsaws, grinders, jackhammers and even screw guns all cause vibrations to travel through the hand. To minimize the risk factors associated with vibration the following general guidelines can be used:
  - Anti-vibration gloves and padding
  - Anti-vibration seats in heavy machinery
  - Job rotation. The prolonged use of vibratory hand tools shall be considered.
  - Ensure the right tool for the task
  - Ensure tools are clean, dry and have easily gripped handles
  - Ensure tools and equipment are well maintained, sharp and are not forced beyond capacity
  - Ensure two hands are used on tools as appropriate

### **Temperature**

- Cold can increase the risk as muscles are tenser and less circulation is present. Heat increases the risk of dehydration, heat cramps, heat stress, heat exhaustion and heat stroke. Also, when we are hot we sweat and this may make our hands wet and tools and

equipment slippery. The following guidelines can be used to minimize factors associated with temperature:

- Ensure Stretch & Flex is performed as needed
- Gloves and protective clothing should be worn as indicated
- Ensure working environment is of a suitable and safe working temperature
- Provide ventilation as needed
- Ensure appropriate breaks are taken and workers remain well hydrated

## **Back and Neck**

- There are a number of common risk factors associated with injuries to the back. They include:
  - Lifting
  - Pushing, pulling, tugging
  - Twisting, reaching, sideways bending, unequal lifting
  - Working in a single position
  - Whole body vibration

## **Lifting**

- Lifting is a forceful movement requiring energy and muscle effort. It stresses muscles, tendons and ligaments and increases forces on the spine. This is true even if proper lifting techniques are used.
  - By bending from the waist and lifting at the same time, forces on the spine are increased even more. Forces are also increased if lifting is done at the same time as twisting.
- Forces also increase in the spine when you reach, hold your breath or hold the object away from the body as you lift.
  - Using one arm to lift an object or carrying an object on one shoulder or one hip also places extra (and uneven) stress on the spine.
  - Factors that affect the stress of a lift on the back and other parts of the body include:
    - Size and weight of the object. If the object is too big or bulky you won't be able to do a squat lift (bent legs, straight back). Bending from the waist to lift an object, the stress on the lower back is three times greater than lifting with a straight back. Items greater than 45lbs or over 10' in length shall be a 2-person lift. Items greater than 100lbs shall require mechanical assistance.
    - Horizontal distance of the lift. If you hold the object away from your body, with your arms out in front of you, your back muscles have to work much harder to hold the object. When the object is held away from your body, the forces on your lower back increase. Lifting with the load away from your body also puts stress on your arms and shoulders.

- Vertical distance of the lift. Try to keep the vertical distance of lifts between knuckle and shoulder height. The lift should not start below knuckle height nor end above shoulder height. Lifting from below knuckle height puts stress on the legs and knees as well as on the back. Lifting above shoulder height puts stress on the upper back, shoulders and arms.
- Twisting or bending done at the same time as the lift. Bending or twisting while lifting greatly increases the stresses on the spine versus a straight lift.
- Amount of lifting.
  - Repeated lifting, even lifting light loads may cause localized muscle fatigue or whole body fatigue. Fatigue increases the risk of accident and injury.
  - Frequent lifting also puts stress on the discs, tendons and ligaments of the back.

### **Pushing, Pulling, Tugging and Sliding**

- Pushing, pulling, tugging and sliding objects require muscle force or effort. They put a strain on your lower back. They also stress the muscles, tendons and joints of shoulders, arms, upper back and legs. The amount of force these movements require depends upon:
  - The amount of force used to pull or push the object; pushing uses less force and allows the use of upper body weight
  - Body posture while pushing or pulling; awkward postures force the body to exert more force to move the object
  - Condition of the walking surface; high friction between the object and the surface, for example moving an object over gravel requires more force to move the object.
  - Slippery surfaces reduce the amount of traction, leading to the possibility of slips and falls
  - Slope of the work surface. The greater the slope, the harder it is to push the item
  - Weight of the object; the greater the weight, the more stress on the shoulder, back, and legs.
  - Position of the object; pushing or pulling an object above the shoulder or below the waist is more stressful

### **Twisting, Reaching, Sideways Bending and Unequal Lifting**

- Any amount of twisting, reaching or bending while lifting causes more stress on the back
- Reaching upward usually causes the back to arch. This increases the forces on the lower spine; it also puts stress on the upper back, shoulders and arms
- Forward reaches that are longer than the length of the arm and require bending or stretching put stress on the lower back and on the legs
- Carrying an object on one shoulder, arm, hand or hip puts more stress on one side of the spine; ensure we alternate sides we carry objects on
- Remember: the more reaching, twisting, sideways bending and unequal lifting/carrying you do, the greater the risk of back injury

## Lifting Techniques

- Lifting involves many different muscle groups. Lifting from the ground to waist level uses muscles of the leg and thigh. Lifting between the waist and the shoulder uses mostly back muscles. Lifting above shoulder height uses muscles of the upper back and shoulder.
- Most of us have been taught that the proper lift technique is the squat lift with the knees bent and back straight. A squat lift puts stress on the lower legs, knees and thighs. It also requires a lot of energy.
- The proper lift depends more on the size and shape of the object you are lifting than on any set technique. If an object is too big or bulky you may not be able to hold it against your body as you lift. When you hold an object away from your body, the forces on your spine increase. This happens no matter what lift technique you use.
- People who do a lot of lifting will often lift freestyle rather than squat. Freestyle lifting (what most do when no one is watching - back bent, legs almost straight) puts more stress on the back but requires less energy than squat lifting.
- It is important to be careful about the way you lift. No matter how you lift, safe lifting practices should always be utilized and heavy objects should be lifted with assistance or with alternate methods.

## Back Supports

- Back supports have not been proven to be effective and in some cases has increased back injuries. The company does not support the use of back belts or supports.

## Stretch and Flex Introduction

- Through implementation of the Stretch & Flex program, the company hopes to eliminate the number of and reduce the severity of work place related injuries. In addition, we seek to enhance the overall health and welfare of each one of our employees so they can enjoy life to its fullest both at work and home. The program is strictly voluntary.

## Stretch and Flex Guidelines

- Stretching is intended to reduce injuries and increase health...not the other way around. Therefore, in order to get the most benefit out of the Stretch & Flex program certain stretching guidelines must be followed.
- When performing stretches, we never want to force the stretch or aggravate previous injuries
  - If the stretch significantly increases the pain in the muscle or joint, then stop the stretch and allow your body to heal; consult a doctor if needed
- Stretches should be taken to a comfortable tension:
- Once we reach the point of comfortable tension, let your muscles relax, breath and hold the stretch



- DO NOT BOUNCE and DO NOT STRAIN
- stretching should NOT be painful, therefore if you are experiencing pain, back off a little on your tension
- To get the maximum out of your stretches, they should be held for 15-30 seconds at a time:
- It is important to do all of the stretches at your own pace and according to what your body tells you.
- Everyone's body is different -- IT IS NOT A COMPETITION
- To maximize the stretches, you may need to change the stretch slightly; trying slightly different positions or a different type of stretch may be needed to target the area you need stretched the most.

### **Stretch and Flex Program**

- The Stretch & Flex program is designed to be both efficient and effective.
- There are 8 categories of stretches, each with several options that you may use to provide variety, as well as freedom to choose alternative stretches, that may focus on an area of need.
- The object is to perform at least one stretch from each category each day.
- Each job site can incorporate as many or as few stretches into their program as desired.
- For improved health we recommend you perform these stretches on your own time either at home, during lunch or after work. The 8 categories of stretches are:
  - Neck
  - Shoulder
  - Arm and Forearm
  - Wrist
  - Upper Body and Chest
  - Lower Back
  - Leg and Thigh
  - Calf

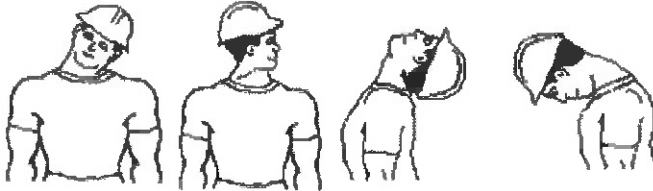
### **Neck Stretches**

#### **General Neck Stretch**

Slowly lower the head/neck sideways, pulling the left ear toward the left shoulder.

Hold for 15-30 seconds

Repeat on the right side, to the front, to the back and by turning as far as you can to both the left and right



**TIPS:**

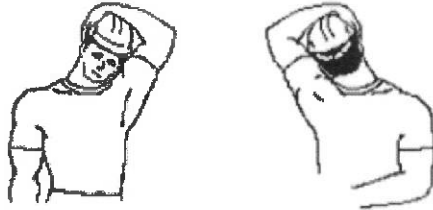
- Do not lift up your shoulder to touch your ear to it. Just move your head.
- Always keep your head in neutral midline as much as possible. (i.e. don't drop your head forward or back when tilting your neck sideways)
- To increase the stretch, use your hands to VERY GENTLY pull your head/neck in the direction of stretch.

### Ear-Hole Stretch

Place the middle finger of your left hand in the right ear (over your head).

Now gently pull your head towards your left shoulder, keeping your head facing straight forward and midline.

Hold for 15-30 seconds.



**TIPS:**

- Do not pull too hard as you may strain a muscle – this stretch should be done GENTLY.
- Push your right shoulder down (when stretching to the left) to increase the stretch.
- Keep your nose facing forward and your head upright.

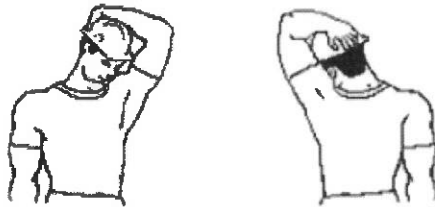
### "Smelly Arm Pit" Stretch

Turn your head as far as you can to the left and then from that position try putting your nose into your left armpit. (Do not breathe too deeply here!)

Using your left hand reach behind your head and GENTLY pull your head down into your armpit, in the direction your nose is pointing.

Hold for 15-30 seconds.

Let go and move your head slightly towards the right and repeat. Eventually you will end up with your nose in the right armpit (changing hands you pull with as you cross the middle of your chest)



**TIPS:**

- Do not pull down too hard – you may strain a muscle. This stretch should be done GENTLY.
- Push/pull down your opposite shoulder to increase the stretch.
- Make sure you pull in the same direction your nose is pointing to get the best stretch possible.
- Relax your shoulders and neck.

## Shoulder

## Stretches

### Shoulder Rotations

Start with arms straight out on both sides with palms facing down and start moving SLOWLY in small circles in a forward direction. Gradually increase the size of the circles until you have hit the max.

Start over except this time with palms up, starting with small circles going in a backwards direction and gradually increasing.

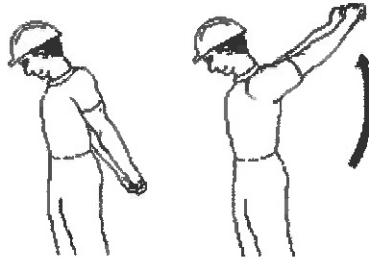


**TIPS:**

- Do not do this stretch quickly. You get a better stretch if you go slowly. This slow speed also helps prevent injury.
- Stand up straight with shoulders and head back to increase the benefit.

### Shoulder Extensions

Clasp your hands behind your back and bend your knees slightly.  
Slowly start to raise your arms up as you slightly bend forward at the waist.  
Once your arms have gone as high as they can go, try to keep them there as you slowly try to stand up straight.



**TIPS:**

- Relax your chest and shoulders to maximize the stretch.
- Push your chest up and forward to increase the stretch.
- If you have shoulder problems (i.e. dislocations/chronic pain) perform this stretch with caution.

### Shoulder Rolls

Stand straight up with shoulders and head back, arms to your sides.  
Slowly rotate both shoulders forward 5 times, in as wide of circles as possible  
Repeat with 5 circles in the opposite direction.



**TIPS:**

- To increase the stretch, stand as tall and straight as possible.
- By pushing your chest forward and shoulders back you can further maximize the stretch.
- Do not let your head fall forward.

## Arm and Forearm Stretches

### Triceps Stretch

Reach overhead and place your fingers as far as you can down the center of your back.

With your other hand, gently push the elbow backwards and up.

Hold for 15-30 seconds and repeat on the other side.



**TIPS:**

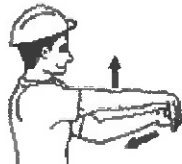
- To change the focus of the stretch, you can change the direction you push (a little to the left or right) or the position of your arm. (i.e. Moving your fingers from your spine to directly behind your shoulder)
- To maximize the stretch you can try thrusting your chest/arms forward as you push back on your elbow.

### Forearm Flexor Stretch

Straighten your right arm directly in front of your body with palm facing up.

With the other hand bend the right wrist backwards while you push your right elbow up.

Hold for 15-30 seconds and repeat with other hand.



**TIPS:**

- To change the focus of the stretch you can turn your right wrist clockwise (left counterclockwise) as you stretch.
- To help increase the stretch, try pulling back on your fingertips rather than your wrist.

### Wrist

### Stretches

### Prayer Stretch

Place your palms together like you are praying.

Keeping the palms together raise your elbows and/or lower your hands.

Hold for 15-30 seconds



**TIPS:**

- You can turn your fingertips toward your body, away from your body or point them down to focus the stretch on the areas you need most.
- You do not need to press your hands together too tight. Try to relax your arms and wrists as much as possible.

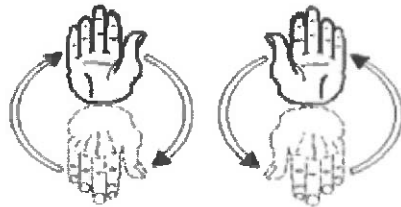
### Wrist Rotations

Put both arms straight out in front of you with palms facing down.

SLOWLY rotate your wrists in wide circles (as far as you can go).

Do 5 circles of each wrist and then change direction.

Do 5 slow circles in the opposite direction.



**TIPS:**

- If you keep your elbows straight, you will get a better stretch
- By doing the stretch slowly, you get a better stretch and avoid possible wrist injury.

### Wrist Flexion Stretch

Put your right hand straight out in front of you with the thumb pointing straight down.

With your left hand grab the top of your right hand and slowly pull your hand towards your chest.

Hold the stretch for 15-30 seconds and repeat for the left hand.



**TIPS:**

- To increase the stretch on the wrist, try turning your right wrist counterclockwise (when on the right wrist) with your left hand and visa versa. Use your palm of your left hand to help turn your right wrist.

## Upper Body and Chest Stretches

### Upper Back Stretch

Bend the right elbow and lift it to the same height as your shoulder.

Pull your right elbow across the front of your body as far as you can (with your left hand), while relaxing your right shoulder and back.

Turn your head in the opposite direction you pull and hold for 15-30 seconds.

Repeat on the opposite side.



**TIPS:**

- Keep the elbow high – especially if you have a large chest or arms.
- Make sure that you relax your back and shoulder as much as possible when performing this stretch.
- To maximize the stretch you get (to target the tighter muscles), change the height of your elbow and/or the direction you pull.

### Overhead Stretch

Interlock your hands or thumbs in front of your body.

Slowly raise your arms as high as you can, making sure you do not arch your back.

Reach as high and as far back as you can and hold for 15-30 seconds.



**TIPS:**

- Make sure you are standing straight up, with head up and chest out.
- You may need to unlock your hands/thumbs to get a better stretch.
- Envision reaching back as high and far as you can.

### Lateral Stretch

Put your right hand beside your right hip.

With your left hand (arm bent) reach up over your head as far as you can. Bend your upper body and head to the right as well. Reach down with your right hand.

Hold for 15-30 seconds and repeat on the opposite side.



**TIPS:**

- Ensure that you bend with your upper body and not your lower body.
- Do not twist or bend forward or backward.
- Envision lifting your armpit as high as you can to help with the stretch.
- Keep both feet on the ground firmly.

**Lower**

**Back**

**Stretches**

### Back Stretch



Keeping the knees bent slightly, SLOWLY bend over and try to touch your toes.

Tuck the chin as well and hold for 15-30 seconds.



**TIPS:**

- Do not bounce in this stretch. Deep breathing can be used to help further the stretch (on the exhale).
- To maximize the stretch, try pushing your bellybutton straight up/back.
- This stretch should be done slowly to avoid injury. Use your legs to crawl up with your hands, if necessary, to help you get back up slowly.

### Lateral Rotation Stretch

Grasp your left hip with your right hand and raise your left arm to shoulder height, with the palm facing up.

Turn and reach as far back as you can to your left. Pull with your right hand to help twist.

Hold for 15-30 seconds and repeat on the opposite side.



**TIPS:**

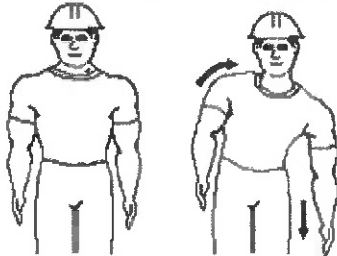
- To avoid injury you must do this stretch slowly and return to the starting position slowly. No whipping or throwing our body into position.
- Try pushing your left hip forward (if turning to the left) to maximize the stretch.
- Do not force or bounce this stretch.

### Side Bends

Stand straight with the arms to the side.

With your right hand slide down the side of your right leg as far as you can and bend your lower back to the right side.

Hold for 15-30 seconds and repeat on the opposite side.



**TIPS:**

- Do not lean forward or backward
- Do not twist your body.
- Push your waist in the opposite way you are stretching to maximize the stretch.

**Legs and Thigh**

**Hamstring Stretch**

Assume a stride position with the right leg forward. Put your hands above your right knee and shift most of your weight to your left leg

Keeping your back straight and head upright, slowly bend your left knee and bend your body over your right leg (keeping your right leg straight).

Hold for 15-30 seconds and then use your arms to stand up straight and repeat on other leg.



**TIPS:**

- To focus the stretch on your tightest muscles you can point your toe in or out.
- Always keep your back straight and head up.
- You can lift your toes up off the ground to get a greater stretch as well.

**Quadriceps Stretch**

Reach and grab your left ankle with your left hand and pull up. Keeping your knee pointed downward, pull up on your ankle and thrust your left hip forward

Hold for 15-30 seconds and repeat on opposite side.



**TIPS:**

- Changing where your ankle is can help focus the stretch on the tight muscles. Pull it in towards the middle or away to the side to change the area of stretch.
- Pushing your hip forward and standing up straight will help increase the stretch.
- Use something for balance (a coworker, wall etc.)

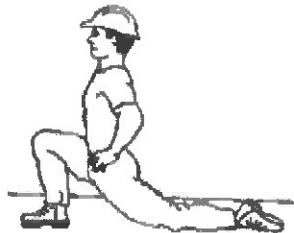
### Runner's Stretch

Assume a stride position with the hands on the front knee or hips.

Keeping your back and head straight, go into a squat with your front leg, using your back leg for balance. Push your hips forward

Hold for 15-30 seconds.

Use your arms to help push yourself back up to a standing position.



**TIPS:**

- Pushing your hips forward and down will help with the stretch.
- Use your arms to straighten out your upper body to increase the stretch.
- Keep your front knee midline to avoid injury.

### Calf

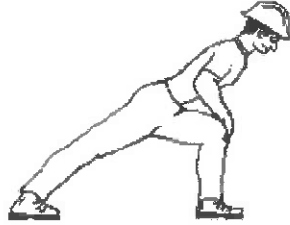
### Stretches

### Calf Stretch

Assume a stride position with the left leg forward. Keep the right leg straight with the heel on the ground.

Bend your left knee and place your hands on top. Lean forward and push down on your back heel.

Hold for 15-30 seconds and then repeat on the opposite leg.



**TIPS:**

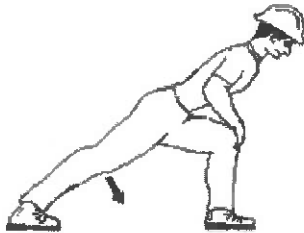
- Pushing the hips forward and knee back can help maximize the stretch.
- Lengthening your stride can also focus the stretch.
- Point your toe straight, in or out to change the area of the stretch on your calf.

### Soleus Stretch

Assume a stride position with the left leg forward. Keep the right leg *slightly bent* with the heel on the ground.

Bend your left knee and place your hands on top and lean forward and push down on your right heel.

Hold for 15-30 seconds and then repeat on the opposite leg.

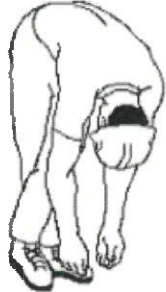


**TIPS:**

- To increase this stretch, push your knee down towards the floor while keeping your heel on the ground.

### Crossed-Leg Stretch

Stand with one leg crossed over the other.  
Slowly bend forward and try to touch your hands to the ground.  
Keep your knees as straight as possible.  
Hold for 15-30 seconds and then change legs.



**TIPS:**

- Push your front leg against your back leg to increase the stretch.
- Change the position your toe points to maximize the stretch.

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## References

**References:**

- [SF-074 Stretch and Flex Poster.pdf](#)

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## Revision Management

**Revision History Log:**

Revision #:	Date:	Nature of Change:	Recorded By:
v1.1	03/09/2022 4:24 PM	Added Stretch and Flex poster to References	Justin Grams
v1.0	09/29/2021 2:42 PM	New document	Cole Johnson

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