



Ergonomic Stretches

The following exercises have been designed to cater to the unique ergonomic needs of those who work in a call center. When performed correctly and consistently, these warm-up stretches may decrease the amount and severity of work related injuries. The stretches have actually been shown to decrease injuries and increase productivity. Frequent stretching is important to keep the blood supply flowing to working tissue. Stretches should never be forced or cause any pain. Ideally, these exercises should be taught by a professional and matched to job tasks.

Key points to remember:

1. Stretches should be a "gentle" stretch, never painful.
 2. Do each exercise 2 - 3 times before starting work.
 3. Hold each stretch for the proper length of time instructed (usually 5-10 seconds).
 4. Do not "bounce" into the stretch.
 5. Apply the exercises to your activities at home.
- *Caution: These stretches may not be safe or effective without proper training.*



CHIN TUCK

Sit upright (or stand) and retract chin as in military attention. Hold for 10 seconds and relax to a more upright head posture.



NECK STRETCH

Place right hand on left shoulder. Gently tip head away from right hand. Hold for 10 seconds and repeat on the other side.



ELBOW STRETCH

Hold arm with elbow bent, fingers closed and palm out. Tip fist away, hold and straighten elbow. Hold for 10 seconds. Repeat with other arm.

STANDING HAMSTRING STRETCH

Standing with the back against an upright stationary surface for balance, bend right knee to chest. Clasp both hands under right knee. Extend right leg out in front of you until you feel a gentle stretch across back of leg. Hold for 10 seconds. Repeat with other leg.



STANDING BACKBEND

Stand with feet slightly apart, hands on lower back. Gently lean backwards and hold for three seconds.



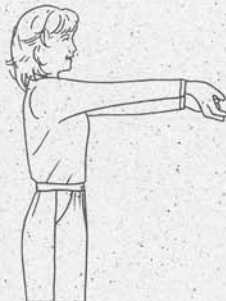
SQUAT STRETCH

Using a stationary object for balance, bend down to a squat position as far as you are comfortable. You may use a chair to sit if you have knee problems or feel more comfortable this way. Bend forward slightly, stretching the muscles in the entire back. Hold for 10 seconds.



FOREARM STRETCH

Extend both arms out in front of you. Lightly touch tips to palms and then bend wrists. Hold for 10 seconds.



WRIST STRETCH

Hold left hand palm up. Place right hand fingers on top of the left palm. Push left hand backwards and stretch elbow straight. Hold for 10 seconds. Repeat with other hand.



PENDULUM SWING

Lean over at waist with arm hanging loosely. Swing arm in slow circle for 10 seconds. Repeat with other arm.