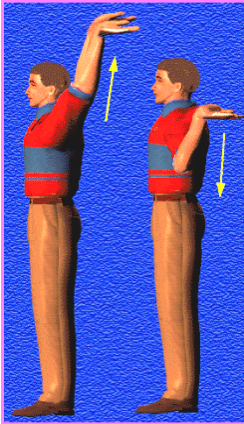


SIMPLE ERGONOMIC STRETCHES

WHOLE BODY STRETCHES



Expected Benefits

Reduce fatigue, promote circulation and improve comfort.

While standing with arms at side...

Inhale and reach up with both arms

Hold position for five seconds

Return to starting position and repeat three times.

BACK STRETCHES



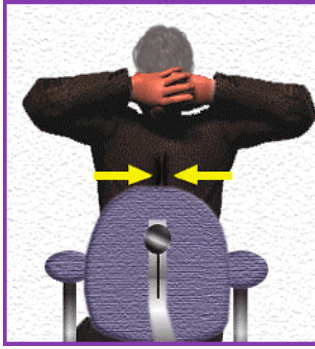
Expected Results

Reduce fatigues and improves back comfort.

Reverse the Curve (for back and hips)

While standing upright with feet slightly apart...

1. Place palms in hollow of lower back.
2. Focus eyes on a point straight-ahead (keeping chin down).
3. Bend backward using hands to support lower back (do not lock knees).
4. Hold for five to ten seconds and return to
5. Repeat three to five times.



EXECUTIVE STRETCH

(for upper back, chest and shoulders)

While sitting upright in chair...

1. Clasp hands behind head (elbows aligned with ears).
 2092135368. Press elbows back as far as possible, squeeze shoulder blades together.
 2092135369. Relax and repeat three times.



PELVIC PRESS (for abdominal muscle strength and back comfort)

While sitting all the way back in chair...

1. Tighten/contract abdominal muscles (when you do this you will feel as if you are pulling your belly button toward the backrest of the chair)
 2092136536. Hold this position for five seconds.
 2092136537. Relax and repeat three times.

STRETCHES FOR THE NECK

To improve neck, shoulder and upper back comfort.



Head Tilt and Turn (for head and neck)

While sitting upright with shoulders relaxed slowly...

Neck Glide (for neck)

While sitting comfortably upright and looking straight ahead...

1. Lower head to shoulder, hold and repeat to other side.
2. Turn head to look over shoulder and repeat to other side.
3. Lower chin to chest and return to starting point.
4. Repeat sequence three to five times.
Keep head and ears level, glide head back, as far as it will go.
5. Now glide head forward.
6. Repeat three times.



HAND FLEXES (for hands and fingers)

While standing or sitting...

1. Slowly clench fists.
2092137720. Slowly open and spread fingers.
2092137721. Repeat five to ten times.



WRIST FLEX AND EXTENSION (for forearms and hands)

While sitting or standing...

1. Extend both arms in front of you, with palms facing down.

2092138888. Slowly bend (extend) both wrists so fingers point to the ceiling and hold for five seconds.



2092138889. Next, bend (flex) both wrists so fingers point to the floor and hold for five seconds.

2092138890. Relax and repeat.



STRETCHES FOR VISION

Expected Results

To reduce eyestrain, improve visual comfort and increase efficiency.

While sitting or standing...

1. Look out a window or as far away from work area as possible.
- | | |
|-------------|---|
| 2092140152. | Focus on an object at least 20 feet away. |
| 2092140153. | Then move your eyes around and look at other objects. |
| 2092140154. | Look back at computer screen. |
| 2092140155. | Repeat often throughout the workday. |