

# Together We Can

## RESTORE ✖ RENEW ✖ REBUILD



During clean-up hazards abound.  
Stay SAFE and prevent injury using...

**S**mart technique

**A**ctive Stretches

**F**requent Rest Breaks

**E**mployee Task Rotation

# RESTORE ✖ RENEW ✖ REBUILD

Stay SAFE and prevent injury using...

**S**mart techniques - head to toe.

**Head** - Up & leading the lift



**Spine**



Maintain an S curve



**Feet** - Facing the load, wider than your shoulders.

**Hips, Knees, Elbows** - Bent bringing you towards the load. Keep it close!

Use a team lift for heavy loads!

**A**ctive Stretching – after periods of standing & lifting, consider...

## Chest Stretch



Grasp your hands behind your back & squeeze your shoulder blades together. You will feel it in front of your shoulders and chest.

Hold for 10 secs.

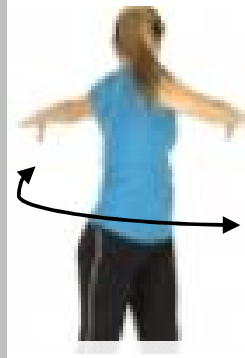
## Back Bends



Place your hands on your buttocks and gently bend backwards at the low back.

Hold for 5 secs.

## Trunk Rotation Stretch



With your feet apart, turn your trunk all the way to the right, then to the left. Alternate both directions. Keep your hips still.

Repeat 10 times.

**F**requent Rest Breaks – 5 min break ea 30 min after strenuous labor.

**E**mployee Task Rotation – Rotate tasks & physical demands every 2 to 3 hrs when possible.