

What can I do to prevent injury?

Prevention and early intervention is key to maintaining a healthy musculoskeletal system so you can carry out your day-to-day duties on site as well as personal activities you love to do in your own time. Try these simple exercises to help you warm up before you start your shift and continue throughout the day.

Warm-up exercises

Neck

1.) Flexion and extensions



Slowly lower your chin toward your chest then, moving very slowly, lift your chin back up towards the sky. Repeat this back and forth motion a few times.



2.) Neck rotations

Keeping a long neutral spine and neck, slowly rotate your chin towards (keeping straight) your right shoulder, then rotate towards the other side. Repeat this several times.

Shoulders



1.) Shoulder rolls

Circle your shoulders forward several times, then backward. Repeat 3-5 times.



2.) Chest Stretch

Lock your hands behind your back, puff your chest forward and stretch your arms backward and upward.



3.) Shoulder stretch

Pull one arm across your body (keeping straight) and gently push back with your other arm until you feel a gentle stretch in your shoulder. Repeat this on the other side.

Wrists

1.) Forearm Stretch



Bring your arm straight in front of you with your fingers pointed downward and your palms toward you. Use the other hand to gently tug your fingers towards you until you feel a stretch on the top of your wrists/forearms. Then rotate your fingers upward with your palm facing outward, gently tug your fingers back toward you until you feel the stretch on the other side. Repeat this several times.



2.) Wrist Stretch

Interlace your fingers with your palms facing out and straighten your arms in front of you. Hold this stretch for 10 seconds. Repeat several times.

Back

1.) Full body stretches



Tuck your chin to your chest, curve your spine over and slowly roll your torso reaching your hands towards your toes until you feel sensation in the back side of your body. Immediately in flow start to roll your way back up to standing, lift your arms to the sky and gently bend backwards if this feels good. Repeat this several times until your spine feels nice and warmed up.

Legs



1.) Lunges

Keeping a long neutral spine, step your right foot forward straight out in front of you. Bending at your knee no further than 90 degrees, with a tall neural spine lower your body down into a lunge. Keep your back leg activated and at a 90-degree angle. Repeat this motion several times then repeat on the other side.



2.) Squats

Place your feet parallel slightly further than hip-distance apart. For balance extend your arms in front of you, tilt at your hips and slowly lower your body down into a squat position. Pressing your feet firmly into the ground, with your legs firmly activated bring your body back up to standing. Repeat this motion several times.