

# Safety Tips from the WorkSafe People

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## Back Exercises

As with any exercise program, it is recommended that you check with your physician prior to starting if you have a medical condition or concerns. When performing any exercise follow these basic steps:

- Continue to breathe normally
- Stretch only to a comfortable point not to the point of feeling pain
- Hold the stretch for a slow 5 count, do not bounce
- Stop if pain occurs

### Side Bends:

- Sit or stand with your hands clasped overhead
- Stretch as far as you comfortably can to one side (this stretch should be felt from the shoulders to the waist)
- Hold this position for five seconds and repeat three times

### Back Release:

- Sit with your feet approximately shoulder width apart
- Curl down slowly relaxing your neck (this stretch should be felt from the shoulders to the hips)
- Hold this position for five seconds and repeat three times

### Strengthen

- Stand with your hands at your side and knees slightly bent
- Lean forward while pushing arms and buttocks backward
- Lift head and shoulders, which tightens the muscles in your back (this should be felt from the back to the legs)
- Hold this position for 10 seconds and repeat three times

### Slide on the Wall:

- Stand with your back against the wall and position your heels in front of your knees
- Slide down the wall into a half-sit (this should be felt in the legs)
- Hold this position for 10 seconds, slide up the wall and repeat the process three times

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## Stretches

### Deep Squat:

- Stand with your knees bent, feet shoulder width apart, and heels flat on the floor
- Squat as low as your muscles permit (feel the hip stretch)
- Hold this position for five seconds and repeat the process three times

### Backbend:

- Sit or stand and place your palms on your lower back
- Lean your upper body back without overarched your neck (this stretch should be felt from the shoulders to the hips)
- Hold this position for five seconds and repeat three times