



Stretching for outdoor workers

Stretch regularly throughout the day to prevent stiffness and promote circulation. Stretching should not hurt. Perform stretches slowly, until you feel a gentle pulling sensation and remember to breathe. Hold stretches for 30 seconds and repeat on both sides.



Neck stretch

With relaxed shoulders, drop your ear to your shoulder. To increase the stretch place your hand lightly on the top of your head.



Upper back stretch

Lock fingers together and reach both arms out in front of you. Try to pull your shoulder blades apart stretching through the upper back.



Chest stretch

Lift arms up to shoulder height and bring them out to the side. With palms facing backwards push arms back to open up the chest.



Shoulder stretch

Lift one arm across the front of your body at shoulder height, use the other arm to support and gently pull the arm across the body to feel the stretch in the shoulder.



Tricep stretch

Reach one arm up above the head, bend at the elbow and drop the hand down your back. Place other hand on the bent elbow, gently push the arm further down your back.



Back extension

Place your hands on your lowerback and gently lean backwards as far as you are able.



Hamstring stretch

Step one leg out in front of you, bend your other leg and lean forward resting your hands on your upper thigh. Stretch should be felt in the back of the straight leg.



Inner thigh stretch

Take your legs slightly wider than shoulder width apart. Bend one knee dropping your weight to this side of the body, keeping the other leg straight.



Calf stretch

Get into a split stance, keeping heels on the floor and back leg straight. Bend the front knee until a stretch is felt in the back calf muscle.