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BILLY BRONCO'S GUIDE TO ERGONOMIC STRETCHES

Ergonomics focuses on repetitive motions in the work enviroment which have the potential to lead to employee discomfort or injury.

Primary Risk Factors for Ergonomics Injuries

- Posture -- awkward, static positions
- Force -- lift, push/pull, grip, punch, carry
- Repetition -- frequency and speed over time

Risk Factors Modifiers

Risk of injury depends on:

- Duration of exposure
- Frequency of exposure
- Intensity of exposure

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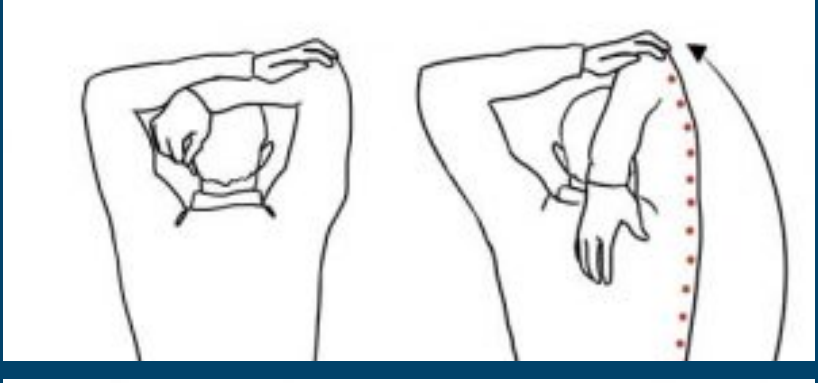
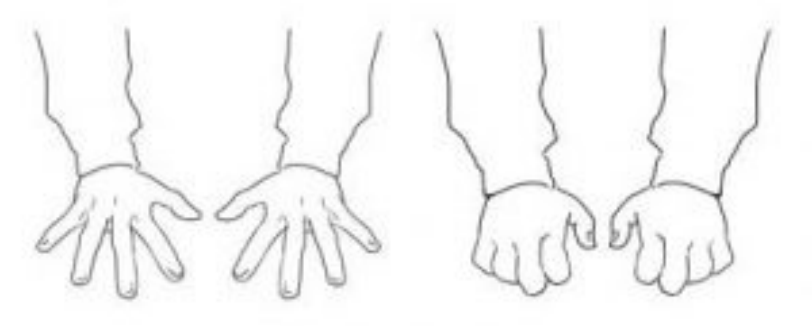
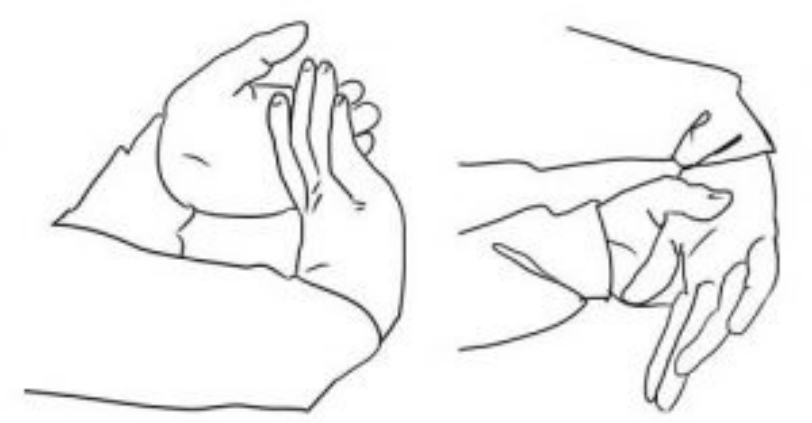
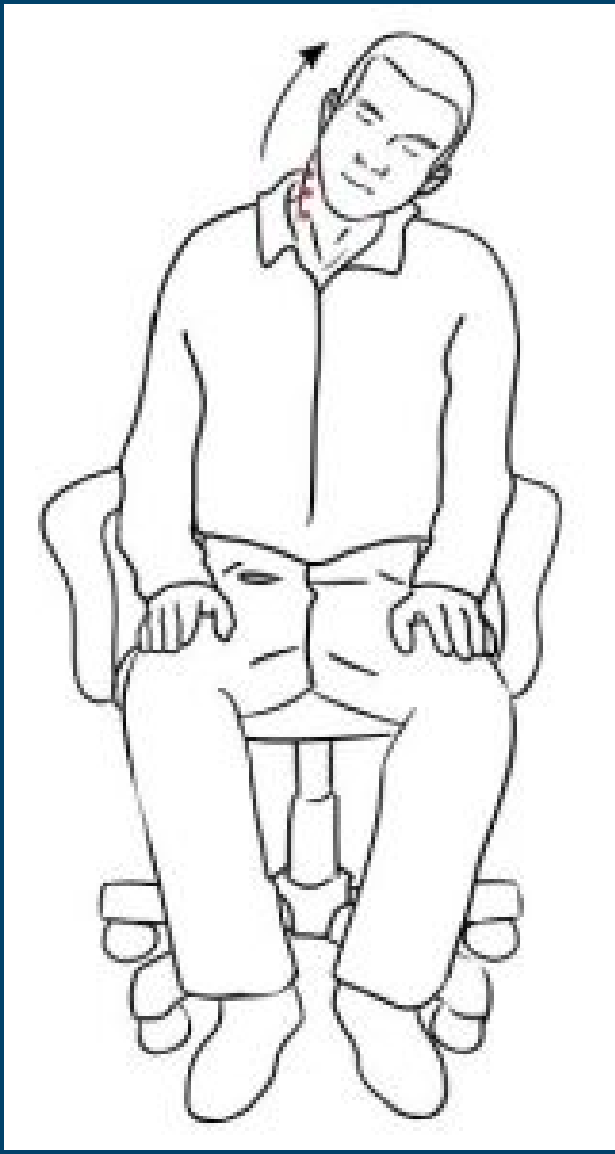
ERGONOMIC STRETCHES

Frequent stretching is recommended to prevent injuries in the workplace. Stretch at least once every hour to help relieve tension and stress in muscles. The following stretches should be performed for 10 seconds each.









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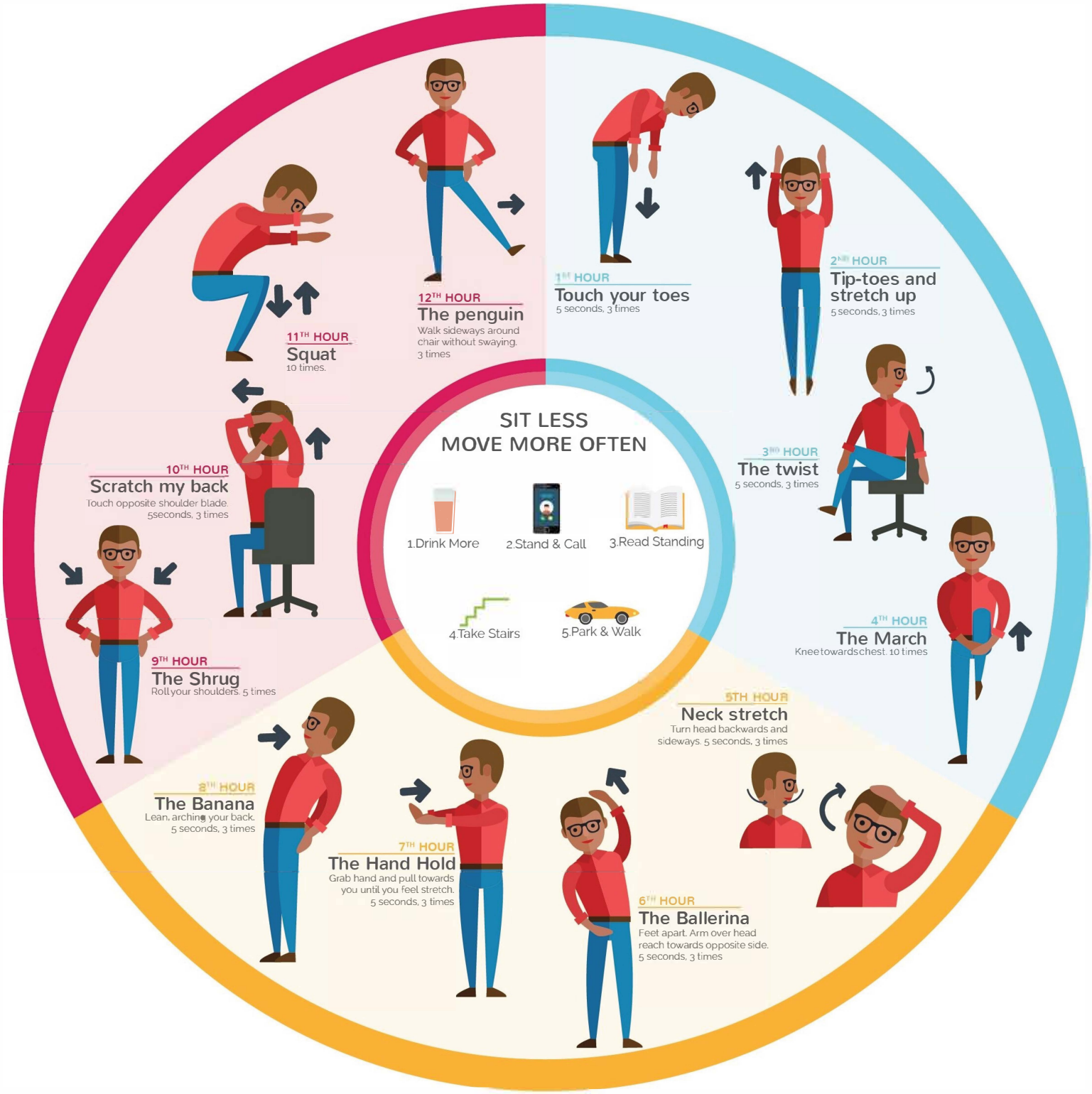
OFFICE STRETCHES

ONE PER WORKING HOUR

TO KEEP YOU MOVING



SITTING EPIDEMIC

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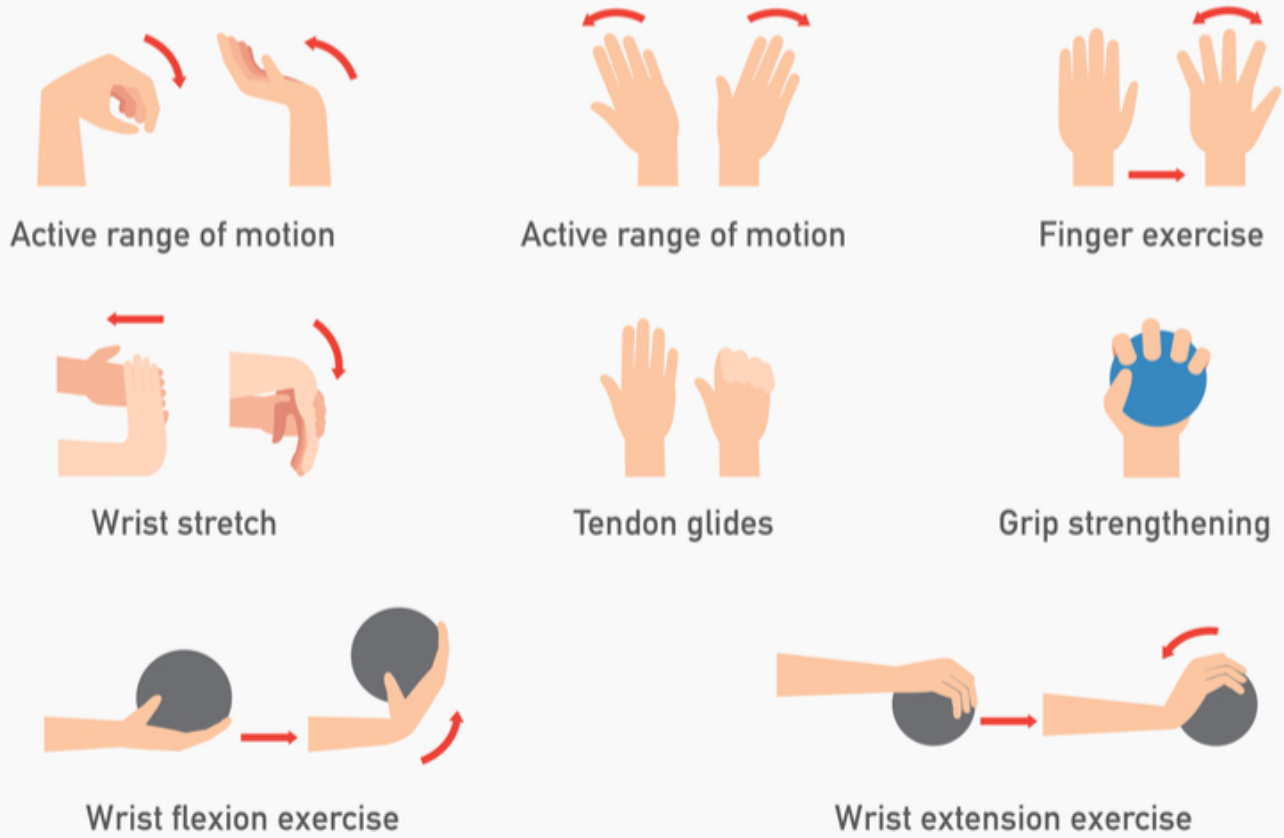
These specific exercises target the wrist, hand, and arm to prevent carpal tunnel syndrome specifically. These exercises should be performed for 10 seconds each.

CARPAL TUNNEL SYNDROME EXERCISES



Ergonomic Trends

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ERGONOMIC STRETCHES

TAKE MICRO BREAKS!

- It is important to move often during your workday. Prolonged sitting places excessive stress on the body and can lead to sore muscles and stiff joints.
- Micro-breaks (short breaks approximately 2 minutes in length) are used for standing, stretching and moving.
- These breaks help relieve muscle strain and fatigue, improve breathing and circulation, and increases attention and engagement.