

Ergonomic Breaks, Rest Periods, and Stretches Infographic



Ergonomic Stretches



With right hand resting on left, palms facing toward floor, extend arms down. Hold for ten seconds.



Hands on hips, bend trunk to the right. Repeat to the left. Hold for ten seconds.



Right hand resting on left, palms facing toward floor, arms behind body, extend arms down. Hold for ten seconds.



Place hands behind head. Stretch elbows back. Hold for ten seconds.



Arms in front, turn trunk to the right. Repeat to the left. Hold for ten seconds.

Stretching should never be painful. If you notice pain while stretching, **STOP!**