

Ergonomic Basics: Office Stretches

A regular stretching routine is an important component of workplace health. Muscles become stressed if asked to perform repetitive tasks or hold static positions during the work day. Stretching will increase blood flow, reduce muscle tension and offset the strain of working.

Try a few of the stretches shown below to reduce build up of stress in your muscles and help prevent injury.

NOTE: If you need a reminder to take breaks, try some free software such as WorkSafe BC's "WorkSafe Sam"
http://www2.worksafebc.com/Topics/Ergonomics/resources.asp?ReportID=33863#worksafe_sam

Wrist Stretch

- Hold arm in front of you with elbow straight and palm facing down.
- Pull up on the hand to gently bend wrist upwards.
- Feel the stretch in the underside of the wrist and forearm.
- Hold 10-15 seconds



Shoulder/Chest Stretch

- Close your eyes
- Lean back in chair
- Stretch your arms out wide and back
- Take a deep breath or two
- Feel the stretch in your chest and arms.
- Hold a few seconds



Forearm Stretch

- Hold arm in front of you with elbow straight and palm down.
- Press gently on back of bending wrist down.
- Feel the stretch in forearm and elbow.
- Hold 10-15 seconds



Neck Stretch

- Look straight ahead
- Straighten up your back – sit tall
- Gently tuck your chin and pull your ear back in line with your shoulder.
- Feel the stretch in your neck and upper back
- Hold 5 seconds

