



Arm Stretch

- Extend your arms up overhead
- Link the fingers with your palms turned upwards
- Hold for 10 seconds
- Relax
- Repeat 3 times

Shoulder Stretch

- Clasp your hands behind your back
- Gently raise your arms up and hold for 10 seconds
- Relax
- Perform gently 3 times



Overhead Arm Pull

- Raise your right arm, bending the right elbow and touch your right hand at the back of the neck
- Grab the right elbow with the left hand and pull to the left
- Hold for 10 seconds
- Relax and repeat for other arm
- Repeat 3 times

Hamstring Stretch

- Stand on right leg with a slightly bent knee and extend the left leg forward
- Gently reach forward towards your left foot
- Hold for 10 seconds
- Recover and perform 3 times
- Repeat for other leg



Neck Stretch

- Tilt head sideways
- Hold for 10 seconds
- Recover
- Repeat for other side
- Perform 3 times

Straight Arm Shoulder Stretch

- Hold your arm out and link the other arm under your elbow and pull your straight arm towards you
- Hold for 10 seconds
- Relax and repeat for other arm
- Perform 3 times



Thigh Stretch

- Bend your left leg and grab your toes
- Extend your right arm for balance or hold onto a support
- Hold for 10 seconds
- Repeat for other leg
- Perform 3 times

Back Arch

- Stand with your feet apart
- Place your hands to support your lower back
- Gently arch backwards
- Recover
- Repeat 10 times to mobilise your spine

Warning: If you have a lower back injury check with your health provider that this stretch is okay for you



- > **Stretch at the start of your shift, before you lift a heavy load and to cool down.**
- > **If you feel pain when stretching, STOP and consult a health professional to discuss appropriate warm-up exercises.**

