



# SAFETY TALK

## Sprains & Strains Preventing & Stretching

### Explain dangers

Stretching before work helps prevent injury from sprains and strains. With cooler temperatures approaching, the muscles take longer to warm up. It is important that workers take the time to stretch.

### Identify controls

Tips for safe stretching:

- Stretch slowly
- Remember to breathe normally
- Hold each stretch for at least 15-20 seconds,
- Repeat each stretch 2-3 times

### Demonstrate

Practice the following stretches:

#### Shoulders:

- Extend your arms and move them in large, slow circular motions. Forward then backwards
- Grab the opposite elbow and pull the elbow across your body

#### Back:

- Bend slowly side to side
- Place your hands on your lower back, bend your neck back and arch your back
- Place your legs together, slowly bend down and try to touch your toes
- Slowly twist your upper body side to side

#### Legs/Knees:

- Stand in one leg and reach behind your back and pull your foot up
- Spread your legs, bend down and try to touch the ground

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: \_\_\_\_\_

Performed by: \_\_\_\_\_

#### Concerns:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Employee Name:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Supervisor: \_\_\_\_\_

Location: \_\_\_\_\_

#### Corrective Actions:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Employee Signature:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_