



CLAYCO STRETCH & FLEX PROGRAM

Instructions

- Caution workers to remain pain free during exercises
- Stretching should be slow and controlled movements
- Pick 1-2 body stretches from each region (arm, leg, neck/back). Always include the low back stretch
- Hold each position for 15 seconds; repeat 1-2x on each side.

Benefits of Stretching

- Increases flexibility
- Improves range of motion
- Promotes better posture
- Prevent injury

Arm Stretches

Triceps Stretch



- Raising one arm overhead, grasp elbow/forearm with other hand; pull elbow toward back of head

Warm Up Shoulder Rolls



- Roll shoulders up and forward slowly. Repeat backwards direction.

Shoulder Stretch



- With arm extended, pull elbow close to chest with opposite hand

Forearm Stretch



- Extend one arm forward, keep elbow straight
- Bend hand up, gently pull back on palm; Bend hand down, pull back on back of hand

Leg Stretches

Quad Stretch



- Lift one leg and grasp foot with one hand
- While maintaining balance, pull foot close to buttocks

Side Lunge



- Spread feet 4 ft apart
- Lunge sideways on knee and keep back straight
- Repeat opposite side

Calf Stretch (Lunge)



- Bend front knee (don't let front knee go beyond the tip of toes)

Hamstring Stretch



- Extend leg, heel on the floor and toes pointed up
- Bend the opposite knee

Neck/Back Stretches

Low Back Stretch



- Stand upright
- Place hands on back and gently bend backwards

Side Bend



- Place one arm overhead and bend sideways

Toe Touch



- Stand upright, feet shoulder width apart
- Lean forward and reach hands to toes

Side Neck Stretch



- Remove hard hat
- Tilt head to the right, tilt head to the left

Stretch and Flex

Why do we waste our time with stretching when we could be spending that time working? Are we really accomplishing anything with that time? We may feel weird or think that we look funny – bunch of grown people standing in a circle or as a group reaching up to the sky or bending over touching our toes. However, there is a point and a benefit to this routine, if we use it properly.

- **Stretching increases flexibility and range of motion** – this helps improve your performance and makes tasks like bending and lifting easier on your body.
- **Stretching improves circulation** – increased blood flow to your major muscles also helps performance, but, additionally, decreases recovery time, making you feel less stiff and sore after work
- **Stretching improves posture and relieves stress** – relaxing tense muscles helps to keep your body loose and more able to move freely, making work easier on your body
- **Stretching helps prevent injury** – Preparing your body for activity may help prevent injuries like sprains and strains.



You see our Focus Five signs all over the site – the five major categories of injuries that we experience. One of those categories is “Overexertion,” made up of strains, sprains, pulls, etc. In 2016, we had 26 of these injuries, seating overexertion as the middle-ranked category. Already in 2017 as of July, we have had 40 such injuries and we are just half way through the year. This trend is something that we have to halt and one of the simplest means of doing so is a stretching program.



The Stretch and Flex routine has been made mandatory by Clayco management and, to that end, we are requiring everyone to participate in stretch and flex on this site. Participation will be tracked as part of the “Safety Matrix” program (our primary safety recognition program) we will be rolling out over the next couple of weeks. We are going to give you options, though, as to how you do it. If this doesn’t work for you, each crew can perform their own stretch and flex. Again, participation is required by all.

A few tips for stretching:

Focus on the major muscle groups – calves, thighs, hips, back, neck and shoulders. If your activity for the day is going to use a lot of work from one muscle group – say, the legs – spend a little extra time and focus on that group.

Don’t bounce and give it time – the most effective stretching is from long, slow, steady stretches. Hold your stretches 15-20 seconds each.

Avoid pain – it is likely you will experience some tension while stretching. However, if it hurts, back off a bit.

Don’t hold your breath – remember to continue to breath while you are stretching. This allows oxygen to get in and helps promote circulation and stretching of the muscle.



WATCH OUT FOR EACH OTHER AND BE SAFE!