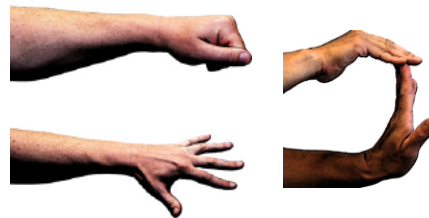
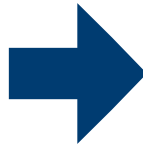


Want to feel better at the end of the day?

If you are in CONSTRUCTION, do these stretches regularly.*

**BECAUSE
YOU DO THIS**

DO THIS



* Do not attempt to do these stretches on a roof or at an elevated height.

For more information on how to do these stretches, scan the QR code using your cell phone's camera.



English



Español

Stretching has many benefits. Think about the way you work to feel even better.

BENEFITS OF STRETCHING



1. Counteract awkward postures.
2. Reduce muscle fatigue and discomfort.
3. Increase flexibility and range of motion.
4. Reduce stress.
5. Feel better at the end of your work day.

DID YOU KNOW?



1. Stretching doesn't have to take a lot of time. It only takes a minute to get the benefit!
2. It is best to stretch several times during the day.
3. Stretching is more effective when combined with less stressful working postures.

THINK ABOUT THE WAY YOU WORK



1. Keep the load close.
2. Put one foot forward when reaching.
3. Vary your working posture during the day.
4. Use a cart instead of carrying items.
5. Use the right tools for the job.
6. Plan out your task.
7. Ask for help if needed.