

Introduction

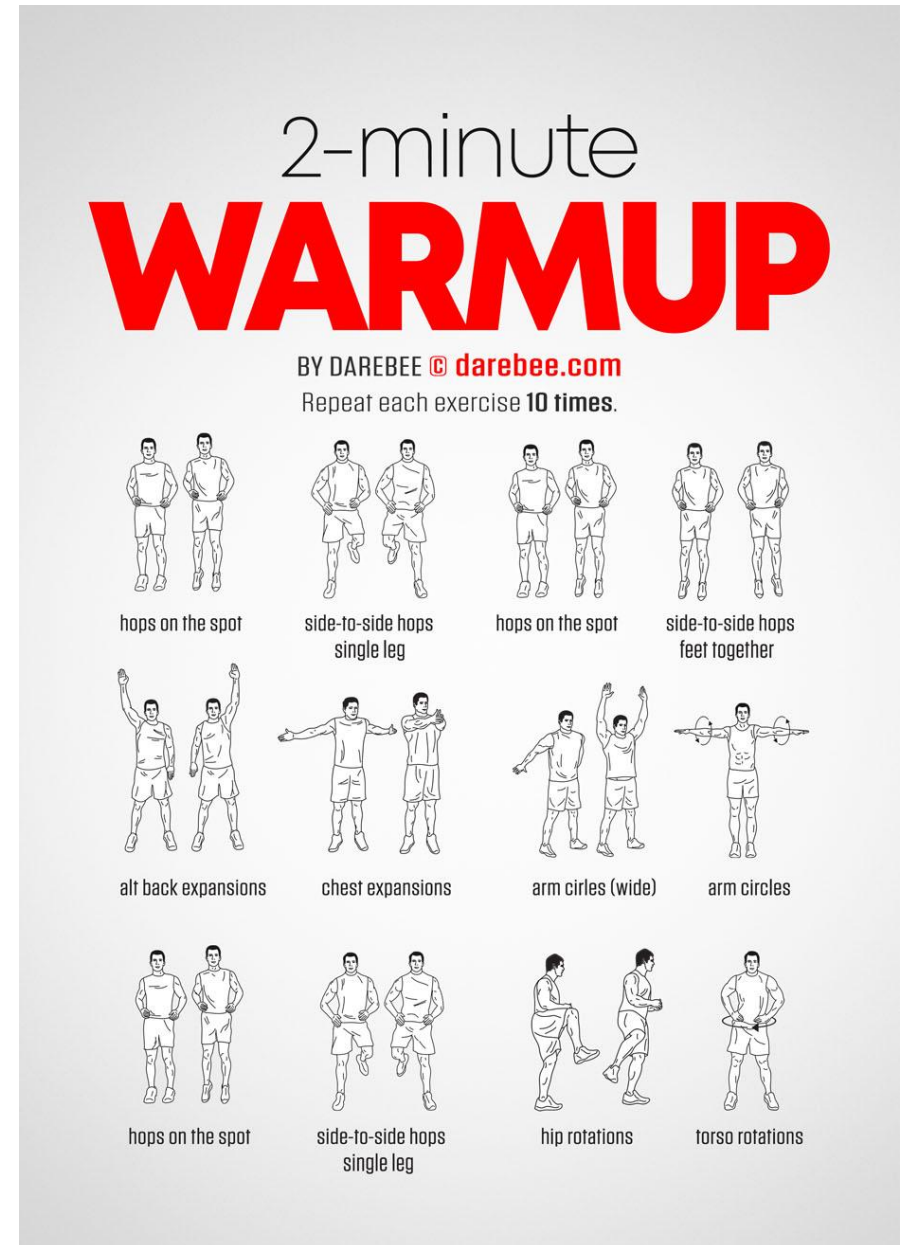
Pre-shift stretching and warm-up exercises are thought to reduce the risk of musculoskeletal injuries at work by reducing fatigue, improving muscular balance and posture, and improving muscle coordination.

Stretching & Warm-up Exercise can help to:

- Increase blood supply and nutrients to joint structures and soft tissues.
- Increase soft tissue temperature and allows for greater elasticity of tissues.
- Increase joint synovial fluid (lubricant for bones and articular cartilage).
- Increase a joint's ability to move through a greater range of motion with less energy required to do so.
- Decrease tightness and resistance in tendons and muscles.
- Realign soft tissue structures, thus reducing effort to achieve & maintain good posture in activities of daily living.
- Enhance nerve impulse velocity (the time it takes an impulse to travel to the brain and back to the muscle).

Along with improved workplace ergonomics, education & training and early intervention, warmup and stretching exercises provide a framework for the management and reduction of workplace musculoskeletal injury.

Simple Pre-Work warm-up routine



When should warm-ups be performed?

1. At the beginning of a shift, before any physical exertion has been performed.
2. After a long break, such as lunch time, before returning to physical work.
3. If you are leaving “office work” to perform physical tasks on the shop floor.

How long should they take?

These exercises can be completed in a few minutes. Ask your manager or supervisor if they can be undertaken as part of your working day.

What if I develop a Musculoskeletal Skeletal Injury anyway?

Discuss your problems with:

- Your supervisor or manager
- Your Occupational Health Practitioner
- Your Family Doctor (GP)

A copy of this and associated leaflets may be downloaded from:

<https://mohs.co.uk/resources/>

Issued Sep 25 (23.31)

23.31

Pre-Work Warmup Exercises - A Guide for Employees



mohs
workplace health

MOHS Workplace Health Ltd

83 Birmingham Road
West Bromwich
B70 6PX
0121 601 4041
www.mohs.co.uk