

## 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

2-minute  
**WARMUP**

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Repeat each exercise **10 times**.

 hops on the spot	 side-to-side hops single leg	 hops on the spot feet together	 side-to-side hops feet together
 alt back expansions	 chest expansions	 arm circles (wide)	 arm circles
 hops on the spot	 side-to-side hops single leg	 hip rotations	 torso rotations

## 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 & other documentation can be found from <https://mohs.co.uk/resources> or using the QR code below.



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### Pre-Work Warmup Exercises: A Guide for Employees



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