



24.31 Pre-Work Warmup Exercises: A Guide for Employees

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.

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?

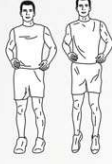







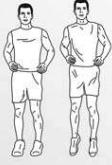



These exercises can be completed in a few minutes. Ask your manager or supervisor if they can be undertaken as part of your working day.



Simple Pre-Work warm-up routine

2-minute
WARMUP

BY DAREBEE @ darebee.com
Repeat each exercise **10 times.**

 hops on the spot	 side-to-side hops single leg	 hops on the spot	 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

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 at the top of this page.