SAFETY ALERT

Alert #: **SA 15-25**   Date: April 28, 2025

Importance of Stretching Before Work

Before starting any physical work, take a few minutes to stretch. Stretching warms up your muscles, increases flexibility, and reduces the risk of strains, sprains, and other injuries. Focus on major muscle groups like your back, shoulders, arms, and legs. A quick stretching routine can make a big difference in your safety and performance.

Examples of Effective Stretches:

- **Neck Stretches:** Slowly tilt your head side-to-side, holding each position for 15–30 seconds.
- **Shoulder Rolls:** Lift and roll your shoulders forward and backward to loosen tension.
- **Arm Crossovers:** Extend one arm across your chest and gently press it closer with the other hand.
- **Hamstring Stretch:** Sit on the edge of your chair, extend one leg, and lean forward until you feel a stretch in the back of your thigh.
- **Calf Stretch:** Stand facing a wall, place your hands on it, step one foot back, and push your heel down.

Key Tip:
Stretch gently — never bounce — and hold each stretch for 15–30 seconds.

Stay safe: Stretch first, work smart!

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Proper use of the GIS LIFE Processes helps to create a Fail-Safe Work Environment.