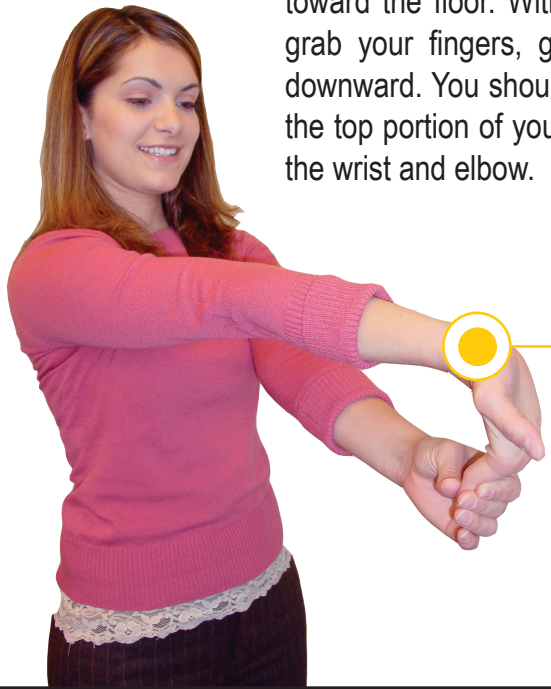
Workplace safety **stretches**

Hold each stretch, taking 2-3 normal, easy breathes. Don't bounce on the muscle, gently stretch it. Repeat throughout your work day.

Forearm Stretch

Put your arm straight out in front of you. Turn the palm of your hand down toward the floor. With your other hand, grab your fingers, gently pulling them downward. You should feel stretching in the top portion of your forearm between the wrist and elbow.

Jennifer Sanders, Health Education, Point West



Wrist Stretch

Put your arm straight out in front of you. Turn the palm of your hand up toward the ceiling. With your other hand, grab your fingers and gently pull them downward. You should feel stretching in the bottom portion of your forearm between the wrist and elbow, as well as in your wrist and fingers.