

**B**efore beginning any stretching program, check with your healthcare provider. If you question any of the following stretches, or feel any discomfort while doing any of these stretches, stop doing the stretch(es) immediately and check with your healthcare provider before continuing.

Many parts of your job are physically demanding and may lead to discomfort. Done consistently, these stretches can compensate for awkward positions (such as working in a seated posture, bent over a cutting table, and pinching fabric together), maintain or increase flexibility, and improve circulation.

Stretch before and during your workday. Stretch **s-l-o-w-l-y** and gently, don't bounce, and don't hold your breath. Hold each stretch 3-5 seconds. And, don't forget to do both right and left sides.

This pamphlet was developed for you by the Safety and Health Services Department of State Fund, your partner in loss control.

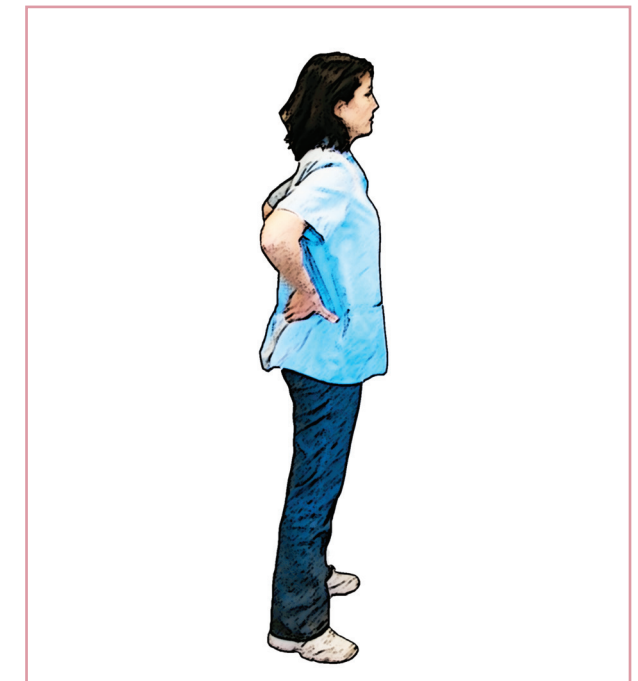
We recognize that your loss control efforts affect the frequency and severity of accidents and injuries in your work environment. Our experience shows that with informed planning and education, workplace accidents and illnesses can be reduced or eliminated. We are committed to the belief that a safe workplace can increase worker productivity and lower your workers' compensation costs.

The safety and well-being of our insured employers and their employees is the prime concern of the State Fund. We are proud of our role in developing and enhancing your loss control programs. We know you will find this information instrumental in educating and encouraging your employees to establish and maintain a safe working environment.

*For more information, contact your broker, your local State Fund regional office, or visit our website at [statefundca.com](http://statefundca.com)*



# STRETCHES



FOR GARMENT  
WORKERS

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## TRUNK AND LOW BACK

### Sidebend

- Feet shoulder width apart, arms at side.
- With one hand, reach up overhead and **s-l-o-w-l-y** lean towards opposite side. Keep both feet flat on ground.
- Hold for 3-5 seconds.
- Return to starting position and repeat twice on each side.



### Backbend

- Feet shoulder width apart, hands on hips.
- Looking straight ahead (don't throw your head back) **s-l-o-w-l-y** and gently bend backwards.
- Caution—You should feel tension, not pain in the low back.
- Hold for 3-5 seconds but don't hold your breath.
- Return to starting position and repeat three times.



## LEGS

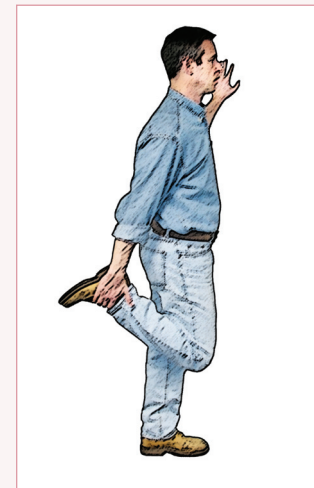
### Hamstring Stretch

- Raise your foot on an elevated surface, at least 10" to 12" high. A step stool, sturdy box, or overturned bin works.
- Looking forward, **s-l-o-w-l-y** bend at the hip keeping raised leg straight.
- Stop when you feel tension and hold 3-5 seconds.
- To increase tension, pull toes towards face.
- Switch legs and repeat stretch. Do each leg twice.



### Quadriceps Stretch

- Holding on for balance with your left hand, grab your right foot or ankle with your right hand.
- Hold for 3-5 seconds and feel the pull in the front of your thigh.
- Repeat on opposite side. Do each leg twice.



## UPPER BODY

### Chest and Shoulder Stretch

- Standing up straight, raise your arms with your elbows bent so that your upper arms are parallel to the floor, fingers pointing up.
- **S-l-o-w-l-y** squeeze your shoulder blades together and hold for 3-5 seconds.
- Return to the starting position and repeat three times.



### Forearm Stretch

- Hold your arms out straight in front of you with your palms facing down.
- Make a loose fist with your hands.
- **S-l-o-w-l-y** and gently bend your fists down towards the floor. Your knuckles should be pointing towards the floor.
- Now, **s-l-o-w-l-y** and gently rotate your fists toward the little finger side of your hand.
- Hold for 3-5 seconds. You should feel a stretch from the topside of the wrists up to the elbow.
- Relax and shake out your hands and arms.
- Repeat this stretch three times.



### Open Hand Stretch

- Start with your hands in a loose fist position.
- **S-l-o-w-l-y** open your hands and extend your fingers.
- Return to a loose fist position and repeat three times.

