

# PRE-SHIFT STRETCHING & EARLY MSI REPORTING

Maintaining the same posture with little variation is known as a "static posture".

This can lead to fatigue and discomfort and increase the risk of injury. Static posture can occur if you don't change your posture while standing, sitting, or looking down.

Things to remember:

- Look up frequently
- Stretch your neck, back, and shoulders at the beginning of the shift, during breaks, and when there is a break in the line.
- Change your posture frequently by changing your weight distribution.
- Maintain good posture.

## TWO KEY STEPS TO MINIMIZE RISK OF INJURY

- EARLY REPORTING OF SYMPTOMS
- 5 PRE-SHIFT STRETCHES



**BC Forest Safety**

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# PRE-SHIFT STRETCHING & EARLY MSI REPORTING



## Early Reporting Symptoms of Musculoskeletal Injury (MSI)

Workers must report immediately any work-related injuries and signs or symptoms of MSI without delay to first aid and their supervisor.

Sign and Symptoms of MSI include:

- **Signs** (which can be observed) swelling, redness, and/or difficulty moving a particular body part.
- **Symptoms** (which can be felt but not observed) numbness, tingling, and/or pain.

An MSI can affect your ability to perform tasks at work and at home. Early signs or symptoms of MSIs can progress into conditions such as the following, which can have long-term effects: **Muscle Strains, Tendinitis and Carpal Tunnel**. An MSI may be treated more effectively if it is discovered and reported early.

## 5 PRE-SHIFT STRETCHES

### SIDE BEND

1. Start with your feet shoulder width apart and your arms at your side.
2. Raise your right arm overhead and lean toward the left side.
3. Repeat with your left arm overhead and lean toward the right side.
4. Hold for 3-5 seconds. Repeat twice.



### QUADRICEPS STRETCH

1. Find a sturdy surface or wall that you can hold onto for balance.
2. Grab your left ankle with your right hand, so that your leg is bending behind you at the knee.
3. Switch to the right side.
4. Hold for 3-5 seconds. Repeat on each side of your body twice.



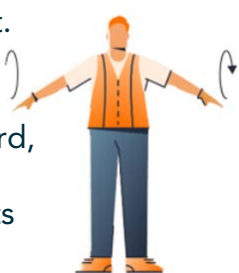
### NECK STRETCH

1. Begin with your head facing forward.
2. Turn your head slowly to one side so that your chin is towards the shoulder.
3. Repeat this motion while slowly turning to the opposite side.
4. Repeat 5 times on each side.



### SHOULDER CIRCLES

1. Begin by standing up straight.
2. Slowly move your shoulder in a circular motion.
3. Move them upward, downward, and backward.
4. Repeat the shoulder movements five times in each direction.



### CHEST AND SHOULDER STRETCH

1. Standing up straight, begin by bending both elbows at a 90 degree angle.
2. Position fingertips to face upward.
3. Squeeze your shoulder blades together and hold.
4. Hold for 3-5 seconds and repeat five times.



*Note: This information is not intended as a substitute for medical attention. If you are receiving professional care, do only the exercise you've been instructed to perform. If an exercise increases the pain, consult your health care provider.*

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