

Work safely & prevent injury

Invest the time to learn the proper techniques and follow the guidelines daily.

1 Warm-up

Start each shift preparing your body for the unique and challenging work of an industrial athlete.

Warm-ups

- » are full body motions in controlled, smooth movements
- » increase blood flow to the muscles and joints



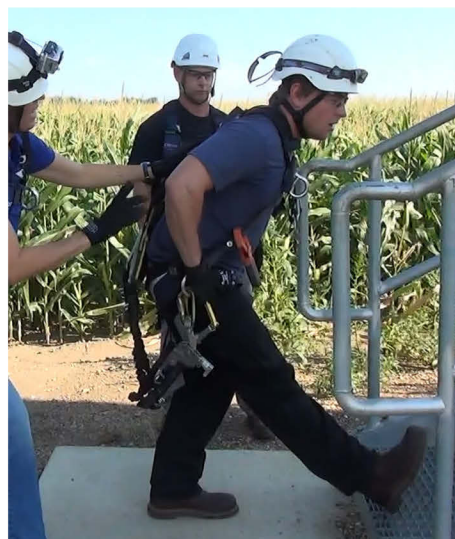
2 MicroBreak

During your shift, use **MicroBreaks** – small stretches that reduce tightness by moving your body in the opposite direction of work.



3 Stretch

After warm ups or work, use **Stretches** to improve flexibility and cool down the body.



View the training video to master proper stretching techniques.