

Work safely & prevent injury

MicroBreaks are brief stretches to reduce tension between work tasks, every day. Hold for 3-5 seconds and breathe.

MicroBreak

Side Stretch

This is beneficial after working in an **awkward or bent position**



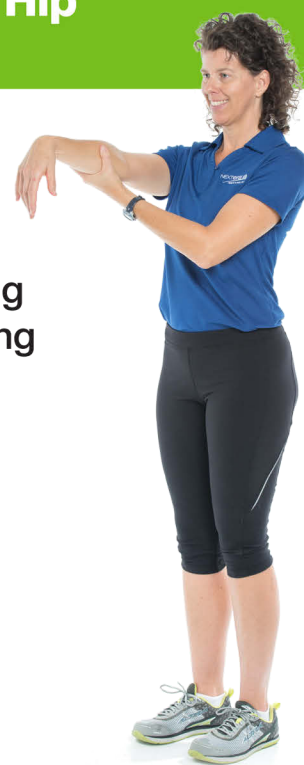
Figure Four Stretch

This reduces tension in the **hips and low back**



Forearm & Hip Stretches

These are especially beneficial **during or after climbing**



Chest Expansion

Try this after **overhead work or flexed positions**



Neck Release

Try this after **awkward or overhead work**



View the training video to master proper stretching techniques.