

Date: 04/15/2018 Attachment #: 15

Re: **Work Smarter: Stretch & Flex**

The Tailgate subject is listed in both English and Spanish. The Spanish version is on the reverse side.

It's well known that working in the construction industry is physically hard work. Consider a typical work day: you may be placing mortar and bricks; running copper wire and piping; hanging drywall and shoveling gravel; or handling a variety of other materials. The weight of these materials can add up to thousands of pounds per worker on any given day. As a jobsite weight lifter, do your part by **working smarter**:



- Move as much material as possible by machinery such as forklifts, cranes, dollies and carts.
- Get help if objects are heavy, large, or awkward in shape or size.
- When materials must be moved or placed manually, take the proper precautions to prevent muscle strain injuries such as a simple stretching routine to loosen up the muscles.

When stretching your muscles to loosen up, consider the following best practices:

- *Do warm-ups* – Limber up muscles before performing strenuous work, much as an athlete would do.
- *Take regular stretch breaks* – Periodically stretch unused muscles and provide relief from being in the same position for too long.
- *Remember to breathe while exercising* – Slow regular breathing helps maintain a slow, steady exercise pace.



- *Always stretch gently* – Feel a stretch, but not pain.
- *Go easy at first* – Start out with a few exercises and/or a few repetitions and gradually increase. Slowly increase the number of exercises in the program and be more vigorous with stretching over time.
- *Move slowly and smoothly* – Avoid sudden jerky movements. Do not bounce.
- *Exercise regularly* – Try to do some of the exercises every day at regular intervals, even on days off work. Perform some combination of exercises every 1-2 hours.
- *Discontinue the exercise if pain occurs* – If you experience pain and discomfort after you have exercised, it probably means that you did too much. It does not necessarily mean that the exercise is wrong. When in doubt, or if pain persists, check with a medical professional.

NOTE: Always promote a discussion on any of the topics covered in the Tool Box Talks. Should any question arise that you cannot answer, don't hesitate to contact your Employer.

All apprentices must be held back for additional 5 minute training.

Foremen: Don't forget to discuss and document (on Tailgate Meeting Reports) jobsite specific items at your tailgate meetings.

*******KEEP UP THE SAFETY AWARENESS*******

Trabaje con inteligencia: Estírese y Flexiónese

Se sabe que trabajar en la industria de la construcción físicamente se considera un trabajo duro.

Consideremos un día típico de trabajo: usted podría estar colocando un mortero y ladrillos; enredando alambres de cobre y tuberías para las paredes de yeso y apaleando cascajo o manejando una gran variedad de otros materiales. El peso de estos materiales se puede acumular a miles de libras por cada trabajador en cualquier día que sea. Como levantador de cosas pesadas en su sitio de trabajo haga su parte **trabajando con inteligencia**:



- Mueva tantos materiales como le sea posible utilizando maquinaria tales como horquillas, grúas, carretillas y carros.
- Busque ayuda si los objetos son muy pesados, muy grandes o de una forma rara en forma o en tamaño.
- Cuando los materiales tienen que moverse o colocarse manualmente, tome las precauciones necesarias para evitar lesiones o maltrato a los músculos, usando una simple rutina para relajar los músculos.

Cuando esté estirando los músculos, para que se le aflojen, tome en cuenta las siguientes prácticas que recomendamos:

- *Caliente los músculos* – ponga los músculos flexibles antes de hacer el trabajo pesado, tal como lo hacen los deportistas y atletas.
- *Tome el tiempo para estirarse con regularidad* – Periódicamente estire los músculos que no ha utilizado y le dará alivio por haber permanecido tanto tiempo en la misma posición.
- *Recuerde respirar mientras hace los ejercicios* – *Respirar lentamente ayuda a mantener un lento y constante ritmo de ejercicio.*
- *Estírese siempre suavemente* – *Sienta el estiramiento, pero no el dolor.*
- *Al principio hágalo suave* – *Comience con unos pocos ejercicios y/o menos repeticiones y gradualmente auméntelas. Lentamente aumente el número de ejercicios en el programa y estírese más vigorosamente poco a poco con el correr del tiempo.*
- *Muévase lenta y suavemente* – *Evite movimientos repentinos y bruscos No brinque.*
- *Haga ejercicios con regularidad* – *Trate de hacer algunos de los ejercicios a intervalos regulares, aun los días libres de trabajo. Haga alguna combinación de ejercicios todos los días Cada 1-2 horas.*
- *Suspenda el ejercicio si siente dolor* – *si siente dolor o incomodidad* cuando hace ejercicios, lo más probable es que exageró los ejercicios. No necesariamente quiere decir que el ejercicio esté equivocado. Cuando tenga alguna duda, o si el dolor persiste, consulte a un profesional médico.

Nota: Siempre promuevan un debate sobre cualquiera de los tópicos cubiertos en las conversaciones de la caja de herramientas. Si surgiera alguna pregunta que no pudieran contestar, no duden en contactar a su empleador.

Todos los aprendices deben permanecer cinco minutos adicionales para capacitación.

Capataces: No olviden discutir y documentar (en los informes de las reuniones del portón trasero) en su sitio de trabajo artículos específicos en su reuniones del portón.

***** MANTENGAN LA CONCIENCIA DE LA SEGURIDAD *****

Worksite Stretches



When you stretch, keep the following points in mind:

- Stretch to a point where you feel mild tension and relax as you hold the stretch.
- Do no bounce.
- If you are stretching correctly, the feeling of stretch should slightly subside as you hold the stretch.
- Any stretch feeling that grows in intensity or becomes painful as you hold the stretch is an overstretch.
- The long-sustained, mild stretch reduces unwanted muscle tension and tightness.
- Stretches should be held generally for 10 – 30 seconds.

- Stretches should be held generally for 10 – 30 seconds, depending on which stretch you are doing.
- Breathe slowly, rhythmically and under control while stretching.
- Relax your mind and body as much as possible.
- Always stretch within your comfortable limits, never to the point of pain.
- Do not compare yourself to others. We are all different. Comparisons only lead to overstretching.
- The feeling of stretch tells you whether you are stretching correctly or not.

Note: If you have had any recent surgery, muscle, or joint problem, please consult your personal health care professional before starting a stretching or exercise program.

1

Shoulder Shrugs: Raise the top of your shoulders toward your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3 – 5 seconds, and then relax your shoulders downward into their normal position. Do this 2 – 3 times. Good to use at the first signs of tightness or tension in the shoulder and neck area.

2

With arms overhead, hold the elbow of one arm with the hand of the other arm. Keeping knees slightly bent (one inch), gently pull your elbow behind your head as you bend from your hips to the side. Hold an easy stretch for 10 seconds. Do both sides. Keeping your knees slightly bent will give you better balance.

3

Interlace your fingers above your head. With your palms facing upward, push your arms slightly back and up. Feel the in arms, shoulders and upper back. Hold the stretch for 15 seconds. Do not hold your breath. This stretch is good to do anywhere anytime.

4

With your fingers interlaced behind your back, slowly turn your elbows inward while straightening your arms. Hold for 5 – 15 seconds. Do twice. This stretch can be done at any time.

5

Standing with the knees slightly bent, place your palms on the lower back just above your hips. Fingers pointing downward to create an extension in the lower back. Hold comfortable pressure for 10 – 12 seconds. Repeat twice. Use this stretch after sitting for an extended period of time.

6

With hands on your hips, feet pointed straight ahead, rotate hips to the right as you look over your right shoulder. Hold an easy stretch for 10 seconds. Stretch each side twice. Be relaxed and breathe easily. This is a good stretch for the lower back and hips. Stretch within your comfortable limits.

7

Stand in this bent-knee position. This position contracts the quadriceps and relaxes the hamstrings. Hold for 30 seconds. Because these muscles have opposing actions, contacting the quadriceps will relax the hamstrings. This position will prepare your muscles for the next stretch for the hamstrings.

8

After holding bent-knee position (#7), stand up and then slowly bend forward from the hips. Always keep knees slightly bent during this stretch (1 inch) so the lower back is not stressed. Let your neck, arms and hands relax. Go to the point where you feel a slight stretch in the back of your legs. Hold for 10 – 20 seconds until you are relaxed. Let yourself relax physically by mentally concentrating on the area being stretched. Stretch by how you feel and not by how far you can go. Do not stretch with the knees locked. Do no bounce when you do this stretch.

9

To stretch your calf, stand a little ways from a solid support and lean on it with your forearms, your head resting on your hands. Bend one leg and place your foot on the ground in front of you leaving the other leg straight behind you. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Be sure to keep the heel of the foot of the straight leg on the ground and your toes pointed straight ahead. Hold an easy stretch for 20 seconds. Do not bounce. Stretch both legs

10

Place your left hand on a support for balance. Gently pull your left foot (from inside of foot) toward buttocks with your right hand until you feel a mild stretch. Hold onto the back of your pant leg if you cannot grab onto the top of your foot easily. Hold for 15 seconds. Stretch other leg. This stretch can also be done using same hands to same foot, with hand holding on top of foot, if preferred.

11

Start with your feet pointed straight ahead and a little more than shoulder width apart. Bend right knee slightly and move left hip downward toward right knee. This gives you a stretch in left inner thigh (left groin). Hold for 10 – 15 seconds and repeat for right groin.

12

Place the ball of your foot up on a secure support of some kind. Keep the down leg pointed straight ahead. Bend the knee of the up leg as you move your hips forward. This should stretch your groin, hamstrings and front of hip. Hold for 15 seconds. This stretch will relieve tension in your lower back and hamstrings. If possible, for balance and control, use your hands to hold onto something. Repeat stretch for other leg.

13

A table works well for this stretch. The leg on the ground should be slightly bent (1*) with your foot pointed forward as in proper walking or running position. The leg resting on the table should be at a comfortable height and straight, with foot relaxed and upright. Slowly bend forward at the waist, with your eyes looking forward, until you feel a stretch in the back of the raised leg. Hold and relax. Find an easy stretch, relax, and then stretch further when it becomes easier to increase the stretch. Do not overstretch. Hold stretch for 10 seconds for each leg.

14

With your feet shoulder width apart and pointed out to about a 15 degree angle, heels on the ground, bend your knees and squat down. If you have trouble staying in this position hold onto something for support. It is a great stretch for your ankles, Achilles tendon area, groin, lower back and hips. Hold stretch for 10 – 20 seconds. Be careful if you have had any knee problems. If pain is present discontinue this stretch.