

Ergonomics the Commercial Fishing Industry Skills Checklist

- Knee to Chest Stretch
- Back adductor Stretch
- Lower Trunk Rotation
- Knees to Chest
- Cat/Cow Stretch
- Trunk Stretch
- Backward bend
- Cobra Stretch
- Scapular Retraction
- Shoulder Shrug
- Corner Stretch
- Foot/Outstretched hand
- Lateral Stretch
- Shoulder lifts
- Shoulder Stretch with Rope
- Push ups
- Wall Clock Stretch
- Elbow-Hand bend
- Elbow-Hand press
- Active Hook Fist
- Active Full Fist
- Active Straight fist
- Wrist Extensor Stretch
- Wrist Flexor Stretch