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
___ Wrist Extensor Stretch
___ Active Straight fist
___ Wrist Flexor Stretch