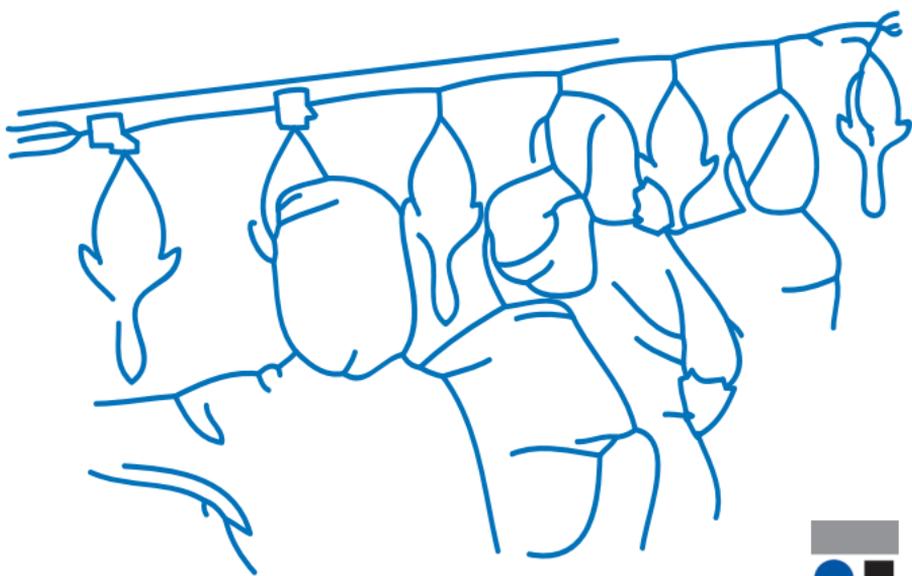


ErgoAid



The exercises contained in this job aid are taken from the North Carolina Department of Labor Occupational Safety and Health Division, A Guide to Safe Work Practices in the Poultry Processing Industry.

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BACK



REACH UP

Raise both hands over your head and reach for the ceiling, up on your toes. Reach for five seconds and relax. Repeat.



REACH FORWARD

Reach as far as you can in front of you. You should feel a good stretch between the shoulder blades. Reach for five seconds and relax. Repeat.



REACH BACKWARD

Reach behind you as far as you can. You should feel a good stretch across your chest. Reach for five seconds and relax. Repeat.

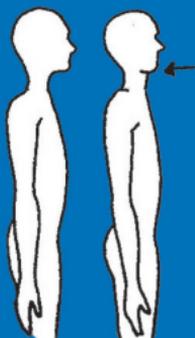
BACK



BACK ARCHES

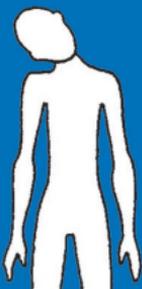
This can be done either sitting on the edge of your chair or standing. Put your hands in the small of your back and arch your back backwards. Hold for five seconds. Relax. Repeat.

NECK



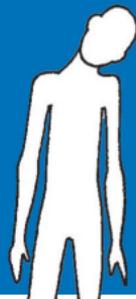
CHIN TUCK

“Funky Chicken” Keep your head straight and tuck your chin into your neck. Hold for five seconds. Relax and repeat.



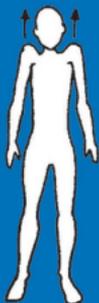
EAR TO SHOULDER

Move the right ear to the right shoulder. Don't cheat and shrug your shoulder! You should feel a stretch along the left neck and shoulder. Hold for five seconds and relax. Repeat.



Then do the same stretch on the left side.

SHOULDER



SHRUG UP

Raise your shoulders up toward your ears. Shrug as tightly as you can, and hold for five seconds. Then let them drop and relax.



ROLL FORWARD

With arms relaxed at sides, lift and roll shoulders forward in a circular motion. Relax.



ROLL BACKWARD

Then roll your shoulders backward in a circular motion. Relax.

FOREARMS



FOREARM STRETCHES

Hold the right arm out straight in front of you, with the elbow straight and palm down. Bend your wrist down with the left hand to get a good stretch over the top of your forearm. Hold for five seconds and relax. Repeat. Then do the same stretch for the left forearm.

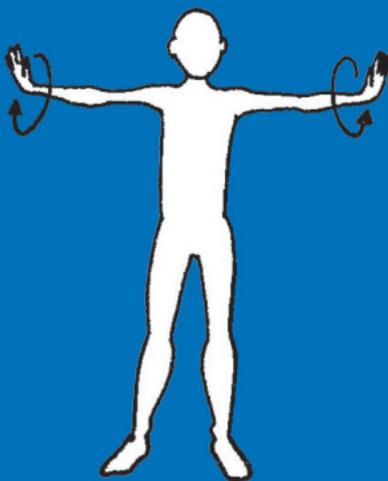


Hold both arms straight out in front of you, lace your fingers together, and press your palms out and away from your body. You should feel the stretch on the underside of your forearm. Hold for five seconds and relax. Repeat.

WRISTS

WRIST CIRCLES

With both arms stretched outward, draw a circle with your finger tips. Repeat five times in both directions (clockwise and counterclockwise).



HANDS



HAND STRETCHES - *Fingers*

Spread the fingers of both hands far apart. Hold for five seconds. Relax. Repeat.



HAND STRETCHES - *Thumb*

Gently pull the right thumb down and out, with the left hand. Hold for five seconds. Relax. Repeat. Then do the same stretch for the left thumb.

A LITTLE CHICKEN SOUP FOR THE POULTRY WORKER'S SOUL

*Stay on track, don't slack.
Take care of your back.
If you mess it up,
you'll really be whacked!*

*When angles and lights make it hard to see,
Keep your hungry head in check.
If not, it will give you heck in your neck.*

*Don't hold too tight,
and make your cuts right,
All the stress and strain,
can cause your hand pain.*