



Health PEI
OCCUPATIONAL HEALTH,
SAFETY, & WELLNESS



SAFETY TALK

S-T-R-E-T-C-H-I-N-G

PREPARE FOR WORK:

- Everyone knows the benefits of stretching before exercising or playing a sport. It's important to stretch before working too. Just a few minutes of stretching a couple of times a day is a small investment compared to the cost of an injury.
- Stretching has many benefits including **reduced muscle tension, increased range of movement in joints, increased circulation and increased energy levels**. Set yourself up to work safely by stretching before work and throughout your work day!

TRY THESE WARM UP EXERCISES:

- Place this poster on a wall at your work station and use as a guide. Consider doing a group stretch with your team - at the start of shift, after breaks and at the end of shift.
- Move slowly when stretching and hold stretches for 10-15 seconds. No special equipment needed!



Source: <https://www.irp.net.au/clients/toolbox-talks>

Safety is everyone's responsibility!

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

DO I CURRENTLY HAVE A STRETCH BEFORE WORK? HOW CAN I START DOING ONE?

DO I FEEL STIFF OR SORE THROUGHOUT THE DAY? HOW WOULD STRETCHING HELP?

HOW CAN WE PROMOTE STRETCHING IN OUR WORKPLACE?



EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org.

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>