

# PestSure Safety Tips

INSURING THE FUTURE OF PEST CONTROL

A five-minute training Series for Pest Management Professionals.

## Protect Yourself Through Stretching

**Stretching** can help to ease the discomforts and harmful effects of repetitive motions and awkward or static postures. It is important to stretch out frequently, in the opposite direction of the line of work. For instance, if you have been sitting, stooped or bending forward during your work tasks, stretch and bend backwards to reverse the posture. It only takes a minute to reverse stretch so do it for yourself throughout the workday.

### ? **Shoulder Stretches:**

Shrug your shoulders, then relax them. Roll your shoulders forward and backward. Gently shake your shoulders. Pinch your shoulder blades together. Reach over head and stretch, while stretching do side bends.

### ? **Upper Back Stretches:**

Sit up straight, place your hands behind your head, move your elbows backwards to pinch your shoulder blades together. Stretch your arms behind your back.

### ? **Mid-Back Stretches:**

Interlace your fingers with palms facing away from your body, straighten your arms and lift them toward the ceiling.

### ? **Lower Back Stretches:**

While standing, place hands on hips, bend backward.

### ? **Wrist Stretches:**

Hold arms straight out in front of body and bend your hands up and down.

### ? **Tips:**

- Stretch with slow, smooth movements, don't bounce.
- Only stretch to the point of resistance.
- Keep feet at least shoulder width apart to maintain balance.

