Lupita, what are you all doing right now? What are those exercises? Are you about to go play soccer?

No Pepe. Didn’t you come last weekend?

No, Lupita. What did I miss?

We had a training on how to protect ourselves and how to keep from getting hurt at work. The instructor told us we are like athletes. Before we go on the ‘field’ we need to stretch our muscles to prevent injuries.

You missed a lot, Pepe. We learned things that’ll really help us in our work.

How interesting, Lupita. Tell me about it so I can learn.

Great. We need training!

Of course! I will teach you what we learned and you can teach the others who didn’t come.

Watch Pepe. We must do these stretches before we begin work.
Before working stretch your muscles. Do each stretch 2 times. Count to ten each time.

SIDE BEND

KNEE TO CHEST STRETCH

HAMSTRING STRETCH

BACK EXTENSION

When possible, raise your work to a comfortable height...

...and avoid bending over and over.

• Lift with your legs, bend your knees.

• Use both hands, keep your back straight.

• Keep the object as close to you as possible.

• Lift with your legs, bend your knees.

• Use both hands, keep your back straight.

• Keep the object as close to you as possible.

Turn your entire body. Avoid just twisting your trunk by moving your feet. This way, your feet and legs will help you as you lift.

When possible, raise your work to a comfortable height...
Whenever possible, push...

Try to change positions. If your muscles start to hurt or tingle or if your body feels tired, this is a good clue that you've been in one position too long.

Strong stomach muscles help prevent back problems.
Medicines that you can buy at the store, like Advil and Tylenol may help the pain. Be careful not to overwork your body because you feel less pain. Your body is still recovering, even though you may not feel the pain.

Good posture helps prevent back injuries. The best posture is when ears, shoulders and hips are all lined up, and the back feels relaxed.

• Wear comfortable shoes that help support your body and feet. Good posture helps prevent back injuries. The best posture is when ears, shoulders and hips are all lined up, and the back feels relaxed.

• Sleep on a firm mattress.
• If you sleep on your side, keep a pillow between your knees.

When sitting for a long time, try to use a rolled up towel at your low back. Try to keep your hips and knees at facing front and your feet on the floor.

FIRM MATTRESS
Stretches to do each day before and after work:

- 15 seconds each side
- 10 seconds each side
- 5 seconds 3 times
- 5 seconds 2 times
- 15 seconds
- 5 seconds each side
- 10 seconds each side
- 1 set 10-20 times
HOW TO STRETCH

Your body was made to move.

Staying in one position too long can cause injury.

Try to change positions or stretch.

It is better to have many small breaks to stretch your body than one single long break.

Here are a few tips for stretching:

- Stretch slowly.
- Breathe normally.
- You should feel a gentle stretch in the muscles.
- Stop if you feel a sharp pain, it is a sign that you have stretched too much.
- The stretch sensation should begin to disappear after 10 to 15 seconds.
- Hold each stretch for at least 60 seconds, or until you feel the muscle relax.
- Stretch only as far as is comfortable. Stop if you have a painful burning feeling.
- Repeat each stretch 1-2 times.
- Whenever you stretch one side, always do the same stretch on the other side.
- Avoid bouncing or jerky movements during stretching. Hold the stretch.
- Relax your mind and the rest of your body as much as you can.
- Enjoy the stretches.

The benefits of stretching happen over time.

WARNING

If you feel sharp pain, shooting pain or numbness when doing any of these stretches stop immediately.
If you sit or bend forward for long periods of time, try these stretches:

If you twist and stand for long period of time, try these stretches:
If you bend or twist your neck for long period of time, try these stretches:

1. Touch the base of your neck with one hand.
2. Bend head forward and slightly to the other side until the stretch point is felt.
3. If the stretch point is not felt, reach up behind the head and gently pull the head downward until the stretch point is felt.

If you move your wrist and hand over and over again for a long period of time, try these stretches.
If you use your forearms or if you grip something by pinch or use your fingers over and over again, try these stretches:
If you have to raise your arms in front or to the sides over and over again, try these stretches:

1. Shrug shoulders up toward ears.
2. Allow arms to hang loosely at sides.
3. Keep your elbows bent at your sides.

Pull gently downward.

Hold 5 to 10 seconds then relax shoulders.
Repeat 5 to 10 times.

If you’re in position where you shrug your shoulders or move your arms, try these stretches:

1. Hold the stretch point until it releases.
2. Allow forearms and hands to rotate outward.

Hold 5 to 10 seconds then relax shoulders.
Repeat 5 to 10 times.
If you have to crouch or kneel for long periods of time, try these stretches:
A special thanks to the Farm Safety Association of Canada. This comic book uses information in their 2001 manual – Stretches and Postures at Work, produced by Ergonomics in Motion and the Farm & Ranch Safety and Health Association, Ontario, Canada.

Thank you to Beth Rothman, PhD for assistance with content development.

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