

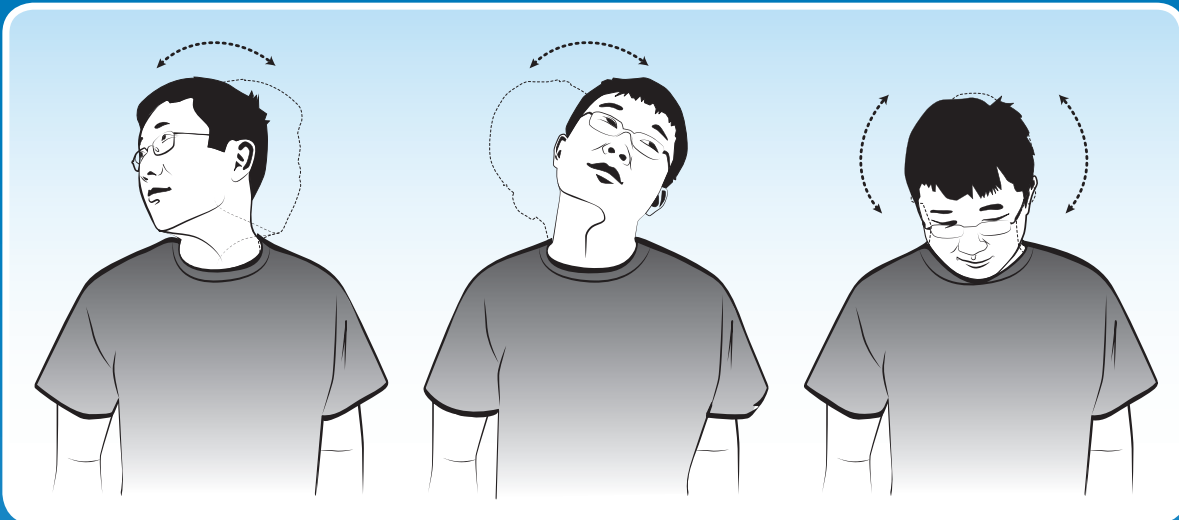


QUICK REFERENCE

ERGONOMIC STRETCHES

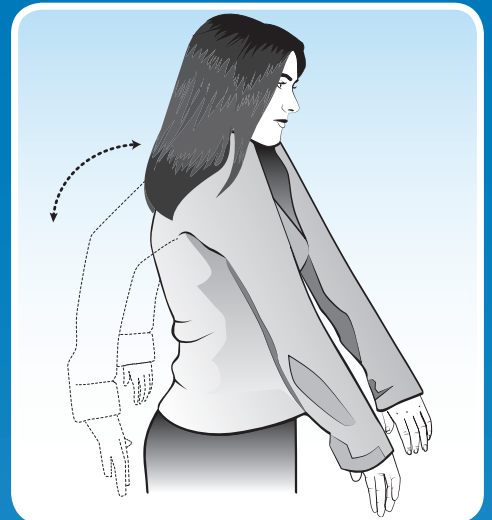
Five Easy Steps to Help Prevent Injury

1. Neck Stretch



Turn head to right and left, side-to-side, up and down.

2. Shoulder Rolls



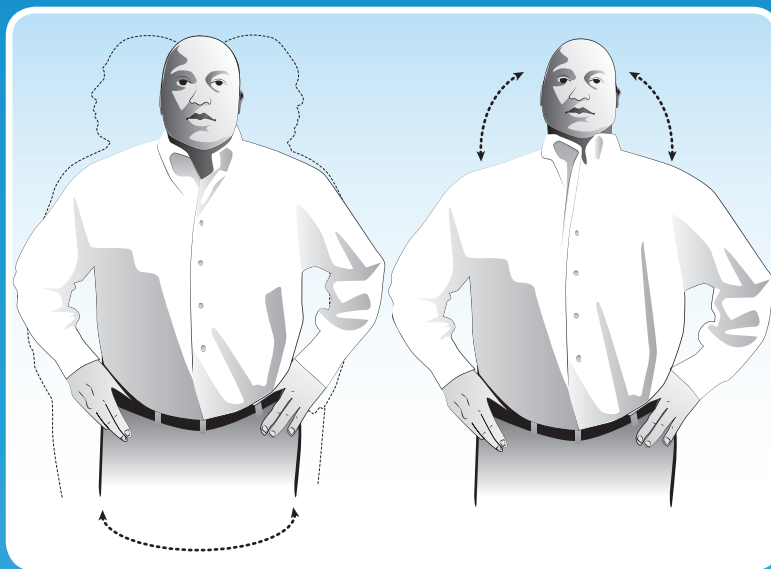
Roll shoulders forward and back.

3. Arm/Wrist Stretch



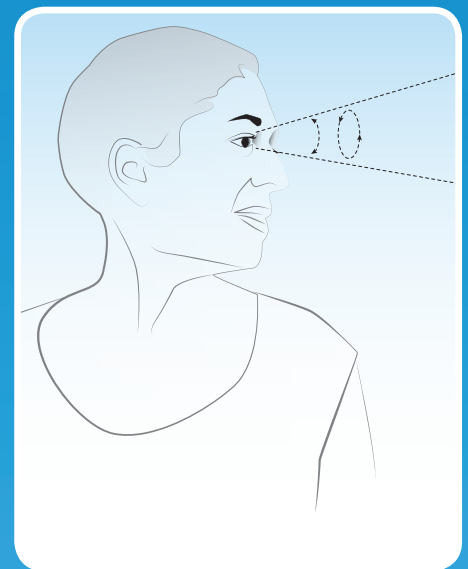
Extend your arm with wrist facing up. Stretch back fingers with the other hand.

4. Back Stretch



Place hands on hips. Gently rotate body side-to-side. Lift chest and lean back gently.

5. Eye Exercises



Blink often, focus on distant objects. Look up, down, side-to-side. Rotate your eyes.

For more information, visit www.cap.mil, or contact CAP

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