When should the work warm-up be completed?

⇒ At the beginning of the shift

**Warming up the neck:**

Gently rotate the neck to each side and look up and down.

Repeat 2-3 times each direction. Keep neck extension range small.

**Warming up the lower back:**

**Forward Back Bends**

Slowly bend each joint downward as far as is comfortable. Repeat 3-4 Times.

Hold the downward position if desired.
Warming up the arms and legs

**Warming up the shoulders**
Gently swing the arms forward and back 5-10 times

**Shoulder Swings**

**Warming up the legs**
Leg Swing Lateral
Gently swing the leg side to side and forward and back.

Repeat 5 to 10 times each direction

**Leg Swing Forward**

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**Why Perform a**

- To get blood flowing to the muscles to deliver oxygen and nutrients
- To warm the muscles to make them more flexible to prevent injury
- To raise your body temperature and get your heart pumping in preparation for work
- To lubricate the joints for ease of movement
- To mentally prepare for the workout.