

The benefits of stretching

Sprains are a pain!

Manual materials handling hazards contribute to a significant number of strain and sprain injuries year over year. Here are some **safety tips related to the benefits of stretching** in avoiding these hazards.

A minute to stretch, a lifetime of strength

There are many benefits to ensuring a safe stretch before completing safe work:

- ✓ **Improves flexibility**, reducing the risk of muscle strains and joint injuries
- ✓ **Increases blood flow** to muscles, preparing them for physical activity
- ✓ **Enhances posture and alignment**, minimizing awkward movements
- ✓ **Reduces muscle tension and fatigue**, helping maintain energy throughout the day
- ✓ **Improves range of motion**, making tasks easier and safer to perform
- ✓ **Supports faster recovery** from physical exertion or repetitive tasks
- ✓ **Promotes body awareness**, helping workers recognize and correct poor posture
- ✓ **Decreases the likelihood of overuse injuries**, such as carpal tunnel syndrome
- ✓ **Encourages regular movement**, breaking up long periods of static posture
- ✓ **Boosts morale and mental focus**, contributing to overall workplace well-being

Workplace Safety North's Health and Safety Specialists are here to support you as you focus on manual materials handling hazards throughout the year. For support in preparing for this year's compliance initiative from the Ministry of Labour, Immigration, Training and Skills Development, contact us. Visit our website for more information.