Antegrity safety services

Weekly Safety Meeting Warming Up

Date:

_____ Jobsite: ______

Discussion Leader:	Summary
	"Construction is an athletic event" The importance of being warmed up prior to starting construction work (or any work involving heavy
	lifting) is just like getting ready for a sporting event. Stretching is a means to avoid the most common body sprain/strain injuries.
Attendance Sign- In:	Stretching before lifting is especially helpful to avoid back injuries. According to safety experts, over half of all workers' compensation
	claims and costs were due to sprain/strains.
	Guide for Discussion
	Overexertion effects:
	Backs; Trunks (Waist, Hips); Knees; Shoulders, Arms and Elbows
	—— The hardest injury to live with is a back injury; once you are injured expect repeat injuries. One professional study indicates that once you
	do injure your back, you are five times more likely to suffer a re-injury.
	Stretching: Brick masons working a major project demonstrated that those who stretched before starting work didn't have any back
	sprain/strain or lifting injuries.
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	—— Helpful Hints:
	Go into stretching with a relaxed and open mind.
	Stretch to the point where it is comfortable, not painful.
	Do not strain when you stretch – straining keeps the muscle from relaxing.
	Concentrate on the muscle being stretched – think about the good feeling of a proper stretch.
	As the feeling of the stretch changes to a mild stretch, stretch a little further, comfortable with no pain.
	—— Don't bounce when you stretch. That can cause injuries.
	Always stretch to the tight side first.
	Breathe with a slow, normal rhythm. Do not hold your breath.
	Additional Discussion Notes:
	Demonstrate proper stretching exercises:
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	Remember
	Construction is an athletic event. Stretching before you start work will make your job easier and helps prevent injuries on the job. Try it at
	— I home too.