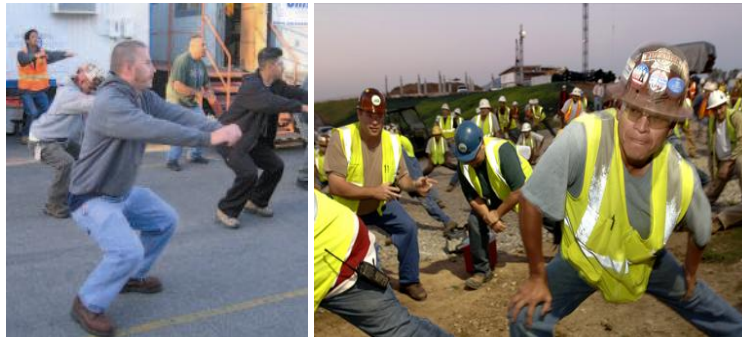


Stretch & Flex



According to the U.S. Bureau of Labor Statistics, “Sprains and strains were the leading nature of injury and illness in every major industry sector in 2005. They accounted for 41 percent of all workplace injuries and illnesses requiring days away from work”. Even though these are fairly old statistics it is still a major concern for the industry as strains and sprains as well as back injuries are prevalent in construction. The “Stretch & Flex” program is for preventative measures and is now a standard practice at many facilities throughout the U.S.

Poor body mechanics, lifting, awkward postures, repetitive motion, materials handling, climate and even noise can lead to an injury related to the musculoskeletal part of the body. Stretch & Flex is a pre-task exercise routine that provides methods of addressing and reducing the risk of injury during regular physical work activities. In essence this exercise prepares the body for action by warming up the muscles and increasing blood flow while adding other benefits:

- Increased energy levels
- Improved flexibility and strength as well as range of motion-
- Mental preparation for the upcoming daily tasks
- Better posture and circulation
- Morale increases by having a healthy and fun activity at work
- Decreased stress levels by relaxing muscle groups
- Team building

Walzel Technical Services want the best for our employee and our clients. In order to prevent injury and maintain a safe and healthy workplace we at Walzel support the Stretch & Flex program. As with any other strenuous activity please consult your doctor prior to participating. If you have any questions or concerns, we are here to discuss.