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Pre-Work Stretching for Construction Workers

Pre-work stretching is an important part of any construction worker's safety routine. By taking a few minutes to stretch before starting a job, workers can help prevent injuries and stay healthy on the job.

Stretching routines make a great addition to any safety program.

- The benefits of stretching:

Pre-work stretching can help improve flexibility, increase blood flow, and reduce muscle stiffness, all of which can help reduce the risk of injuries on the job. Stretching can also help improve posture and balance, which can be especially important for construction workers who are working at heights or using heavy equipment.

- The types of stretches to do:

Some good stretches for construction workers might include stretches for the back, shoulders, legs, and arms. It is important to do stretches that target the muscles that will be used most during the job.

For example, if a worker will be using a hammer all day, they may want to focus on stretches for the wrists and forearms.

- When to stretch:

It is best to do stretching before starting work when the muscles are cold. This will help prevent injuries and ensure that the stretches are effective.

Some workers may find it helpful to set a reminder on their phone or watch to remind them to do their stretches before starting work.

- How to stretch safely:

When stretching, it is important to do it slowly and gently, and to stop if any pain or discomfort is felt.

It is also important to breathe deeply and focus on the stretch to get the most benefit.

Some workers may find it helpful to do their stretches in front of a mirror to make sure they are doing the stretches correctly and not putting too much strain on any one muscle group.

Overall, pre-work stretching is an important part of any construction worker's safety routine.

By taking a few minutes to stretch before starting a job, workers can help prevent injuries and stay healthy on the job.

It is also a good idea to incorporate regular stretching into a worker's overall fitness routine to help maintain flexibility and prevent injuries in the long term.