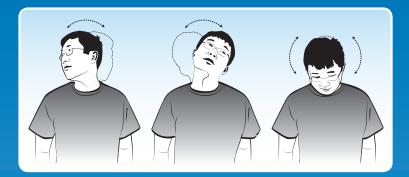


### **QUICK REFERENCE**

# ERGONOMIC STRETCHES

## Five Easy Steps to Help Prevent Injury

#### 1. Neck Stretch



Turn head to right and left, side-to-side, up and down.

#### 2. Shoulder Rolls



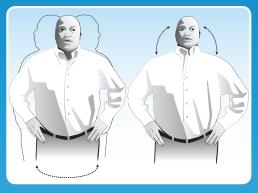
Roll shoulders forward and back.

#### 3. Arm/Wrist Stretch



Extend your arm with wrist facing up. Stretch back fingers with the other hand.

#### 4. Back Stretch



Place hands on hips. Gently rotate body side-to-side. Lift chest and lean back gently.

#### 5. Eye Exercises



Blink often, focus on distant objects. Look up, down, sideto-side. Rotate your eyes.

For more information, visit www.cap.mil, or contact CAP T 703-614-8416, Videophone 571-384-5629, F 703-697-5851, Email cap@mail.mil