

Exercise tips for people doing heavy physical work

Physical work may include lots of movement, challenging positions and heavy lifts. The body needs to be prepared for sudden movements. Stretching and moves designed to maintain range of motion during the work day are very good for the body. Stretching is a good way for the body to recover from the recurring moves done during work. The better your condition is, the better you can cope with challenging work conditions and positions. So take care of your body by exercising in your free time.

When doing physical work, it's important to pay attention to lifting ergonomics and range of motion. When your work stance is good, your body is strained as little as possible, and none of your body parts is overly stressed. It's also good to pay attention to the planning of work. Before starting work, think about the order of work, and whether you need tools or the help of a colleague.



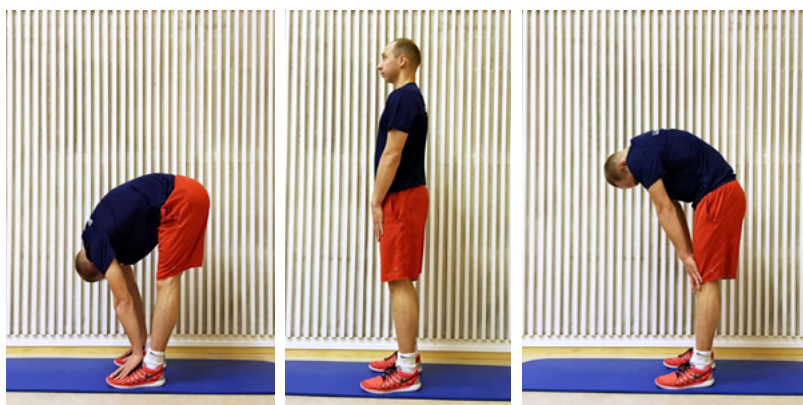
Pay attention to recovery already during the workday: straighten your posture and relax your shoulders.

Take a break!

These moves are meant to be done during the workday. You can perform all moves at the same time or choose the ones that suit you the best. Repeat the moves 5–10 times.

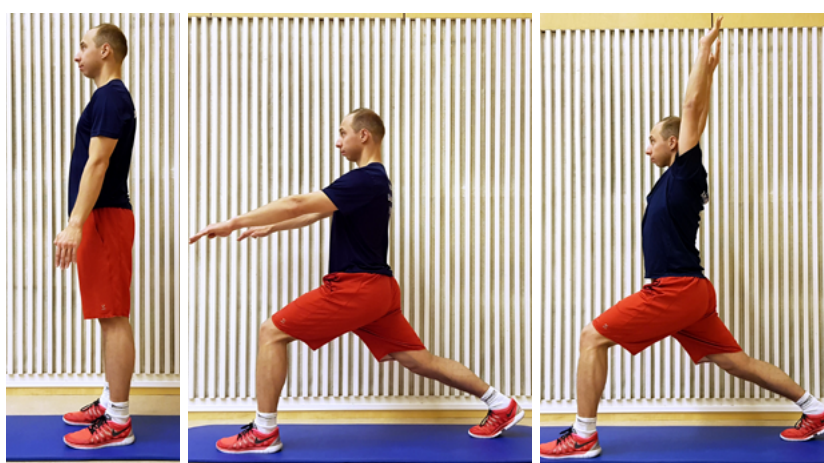
1. Back rolls

- Stand with your feet at shoulder width and keep your arms relaxed by your sides.
- Lower your chin to your chest and slowly roll down one vertebrae at a time.
- When down, relax your neck and shoulders.
- Then come back up slowly, one vertebrae at a time.



2. Arm lift during lunges

- Stand with your feet at shoulder width.
- Step forward with one leg and lunge so that the heel of your back leg is off the ground. The weight is on the heel of the front leg, and the knee of the back leg is lowered close to the ground. Knees and toes face the same way throughout the move.
- Lift both arms front and up, and pump up and down with your legs a few times.
- Come back up, lower your arms and push yourself back to your starting position. Continue the move with the other side.



3. Thoracic spine twists

- Stand with your feet at shoulder width and gently lean your palms on your lower thighs. Keep your back straight and knees slightly bent.
- Slowly twist your hand up toward the ceiling and follow the hand with your eyes. Switch sides and repeat.



4. Pectoral stretches

- Stand next to a wall, with your side facing the wall.
- Place the hand next to the wall up and diagonally against the wall.
- With the leg next to the wall, step forward and “hang” from the wall, front and down.
- You can move your hand along the wall to find the best stretch.
- Switch sides and repeat.



5. Calf stretches

- Lift your foot against the wall so that the heel remains on the floor and toes are pointing up.
- You can use your hand and the wall for support.
- Lightly move your weight onto the leg you're stretching and hold for a few seconds.
- Switch sides and repeat.



6. Side stretches

- Stand with your feet at shoulder width.
- Place your other hand on your waist and use the other hand to reach up and over your head. Continue the move with the other side.



7. Upper back stretches

- Stand with your feet at hip width.
- Bend your knees enough to wrap your arms around your thighs so that you can lace your fingers together.
- Round your back by pushing it up with your chin held against your chest.

