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Date: December 3, 2018		EMAIL THIS SHEET IN TO THE OFFICE AFTER YOUR MEETING!!!	
Project Number#	Job Name:	Person Conducting Meeting:	

Injury Prevention: *Active Stretch & Bend*

Olympic has a mandatory daily Stretch and Bend Program that was put into place not only to help reduce the risk of injuries, but assist in increasing productivity while establishing a healthier, safer workplace with a stronger workforce.

Why do we stretch?

Prepares your body for the day's activities, enhances muscle coordination, improves your range of motion, increases body awareness, delays the onset of muscle fatigue, increases team morale, etc., etc...

2018 Olympic Christmas Party is on December 13th from 4:00 - 7:00 P.M. at the Delta Hotel Minneapolis!
Invite was sent out with last week's pay stub.

Last week's Bonus Question: What injury prevention method was discussed on our jobsite last week?

Answer: A few methods discussed were proper lifting, reporting any unsafe conditions and importance of PPE.

Inspect your equipment (*scaffold, aerial lifts, ladders, fall protection, electrical cords, etc., etc..*) prior to the start of each work shift.

For **inspection packets or repair tags** call **Dave Sangren @ (612) 644-3136** to have some delivered to your jobsite.

Any questions give Sturg a call (612) 221-8603

PLEASE PRINT YOUR NAME

(Foreman review sheet, verify crew members names are legible)

Visit our website: www.olympiccompanies.com

Comments:

Record to beat **378 days!!!**

As of **November 29, 2018** we have worked **39** days without a Lost Time Injury.

We have safely worked **53,610** hours towards our ATV goal of **150,000** hours!

Toolbox Talks winner for last week: **No Winner**

This week's Bonus Question: **Does this jobsite have our Stretch & Bend poster up and is it being utilized daily?**

Hint: **See Foreman and backside of this sheet**

"Building a Safer Place to Work" one week at a time.

Jobsite Stretch & Bend Posters

OLYMPIC STRETCH & BEND PROGRAM

"Building a Safer Place to Work"

<p>STRETCH #1: TRUNK TWIST</p>  <ul style="list-style-type: none"> • Stand with feet shoulder-width apart and arms being forward straight. • Rotate your shoulders left - 90° - 90° degrees, pulling the head, arms and torso in the same direction as you rotate. <p style="font-size: 6px; margin: 0;">MUSCLE GROUP: Trunk, Neck, Arms, Shoulders, Back</p>	<p>STRETCH #2: METRONOME</p>  <ul style="list-style-type: none"> • Place hands on your head and alternate hand/leg/foot swivel for a time of 30 seconds. • Keep your feet flat on the ground in both forward directions. <p style="font-size: 6px; margin: 0;">MUSCLE GROUP: Neck, Head, Arms, Shoulders, Back, Legs</p>	<p>STRETCH #3: LOWER - TRAP SET</p>  <ul style="list-style-type: none"> • Stand with feet flat, as if your ankles were one same distance a distance. • Turn of your head from right to left for 30 seconds. <p style="font-size: 6px; margin: 0;">MUSCLE GROUP: Neck, Head, Neck, Arms, Trunk, Shoulders</p>	<p>STRETCH #4: SHOULDER ROLLS</p>  <ul style="list-style-type: none"> • Roll your arms and roll shoulders around and around. • Rotate a regular of your shoulder forward and back for 30 seconds. <p style="font-size: 6px; margin: 0;">MUSCLE GROUP: Trunk, Neck, Arms, Shoulders, Back</p>
<p>STRETCH #5: SHOULDER GIRDLE</p>  <ul style="list-style-type: none"> • Stand up, hold 60-90 seconds. Take slow, normal breaths. • Use the counterweight to 20-30 lbs to help stretch with gentle and slow and engage your neck muscles. Hold for 30 seconds in each way. • Hold opposite hand/leg for both with each way. <p style="font-size: 6px; margin: 0;">MUSCLE GROUP: Neck, Head, Neck, Arms, Shoulders, Back</p>	<p>STRETCH #6: TRAP - TO - ARM EXTENSION</p>  <ul style="list-style-type: none"> • Place arms forward and straight ahead. • Then alternate rolling each arm back and forward, bringing shoulder back to a perpendicular a side of 30 seconds. <p style="font-size: 6px; margin: 0;">MUSCLE GROUP: Neck, Head, Neck, Arms, Shoulders, Back</p>	<p>STRETCH #7: ARM CIRCLES</p>  <ul style="list-style-type: none"> • Circle arms in front of shoulders of the way around clockwise 20-30 seconds. • Alternate forward and clockwise backward. <p style="font-size: 6px; margin: 0;">MUSCLE GROUP: Neck, Head, Neck, Arms, Shoulders, Back</p>	<p>STRETCH #8: DELTOID PUMPS</p>  <ul style="list-style-type: none"> • Stand shoulder-width apart, feet flat, tucked in. • Rotate forearms around each other, clockwise, then swing arms back & perpendicular with feet shoulder-width apart. <p style="font-size: 6px; margin: 0;">MUSCLE GROUP: Neck, Head, Neck, Arms, Shoulders, Back</p>
<p>STRETCH #9: HAMSTRING STRETCH</p>  <ul style="list-style-type: none"> • From a standing position, raise your leg as far as you comfortably can while keeping your stomach flat to the ground. Keep your back perpendicular. • Place both feet on your legs to support your back. Maintain your knee being perpendicular straight from the ground for 30 seconds. • When finished, use your arms with your legs and you are standing straight. • Repeat with other leg. <p style="font-size: 6px; margin: 0;">MUSCLE GROUP: Neck, Head, Neck, Arms, Shoulders, Back</p>	<p>STRETCH #10: BODY STRETCH</p>  <ul style="list-style-type: none"> • Inhaled your breath. Place your feet and head close to a close structure. Hold for 30 seconds. • Breathe in and out for 30 seconds, each time, the ground and all of your legs. Take the 30 seconds. <p style="font-size: 6px; margin: 0;">MUSCLE GROUP: Neck, Head, Neck, Arms, Shoulders, Back</p>	<p>STRETCH #11: FOREARM STRETCH</p>  <ul style="list-style-type: none"> • Straighten your left arm. Use left hand with right and pull down for 30 seconds. Then pull right arm down and left 30 seconds. • Repeat for other arm. <p style="font-size: 6px; margin: 0;">MUSCLE GROUP: Neck, Head, Neck, Arms, Shoulders, Back</p>	

"With stretching is generally safe, please contact a medical professional if you have any concerns before performing these stretches."

If your jobsite does not have a Stretch & Bend Program poster, please request one from the warehouse, or contact Sturg or Lindsey.