

## Stretching exercises for crane operators

As a crane operator, you work long hours sitting in the same position for most of the day. This can cause problems in your hips and lower back, as the thigh and hip-flexor muscles can shorten over time.

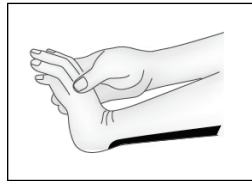
Operating a crane for long periods can also cause discomfort or pain in the wrists, hands, neck, and shoulders.

To relax your muscles and improve your body's tolerance for the work, take a break every hour to do the stretching exercises shown below.

### Wrist extension and flexion

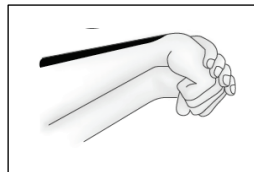
#### Extension

- Extend one arm in front of you.
- Bend your wrist back and point your fingers up.
- With the opposite hand, add pressure to the stretch by gently pulling your fingers toward your body. Hold for 30 seconds.



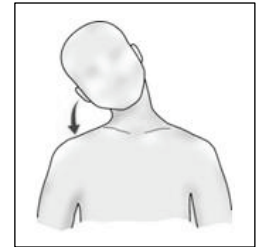
#### Flexion

- Extend one arm in front of you.
- Bend your wrist forward and point your fingers down.
- With the opposite hand, add pressure to the stretch by gently pulling down on the top of your hand. Hold for 30 seconds.



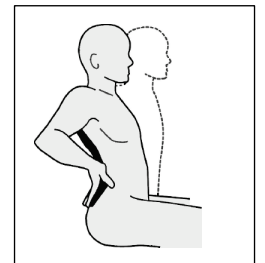
### Neck retraction

- Sit up straight with your head facing forward.
- Bring your right ear down to your right shoulder and hold it there for 30 seconds.
- While keeping your head tilted, lift your nose to the sky and hold for 15 seconds. Then bring it down toward your armpit and hold for 15 seconds.
- Repeat on the opposite side.



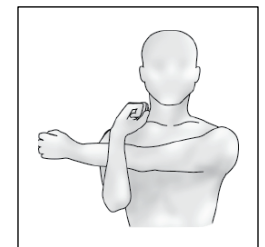
### Back extension

- Start by sitting in an upright position. (This way, your back is in a neutral posture.)
- Lean backward slightly and push your hips gently forward. Hold for 10 seconds.
- Repeat 3 times.



### Shoulder stretch

- Gently pull one elbow toward the opposite shoulder. Keep both shoulders relaxed. You should feel a mild stretch in the back of the shoulder. Hold for 30 seconds.
- Repeat with the other arm.



**OHSR Reference: Ergonomics (MSI) Requirements Section 4.46-4.53**

Project: .....

Address: .....

Employer: .....

Supervisor: .....

Date: .....

Time: .....

Shift: .....

Number in crew: .....

Number attending: .....

Other safety concerns or suggestions: .....

**Record of those attending:**

| Name: (please print) | Signature: | Company: |
|----------------------|------------|----------|
| 1.                   |            |          |
| 2.                   |            |          |
| 3.                   |            |          |
| 4.                   |            |          |
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| 13.                  |            |          |
| 14.                  |            |          |
| 15.                  |            |          |

Manager's remarks: .....

Manager: .....  
(Signature)

Supervisor: .....  
(Signature)

For more information on health and safety requirements for crane operations in B.C., refer to the *Workers Compensation Act* and the OHS Regulation on [worksafebc.com](http://worksafebc.com).