



# ¡CHÍDATE!

A simple guide for preventing muscle injuries at work.

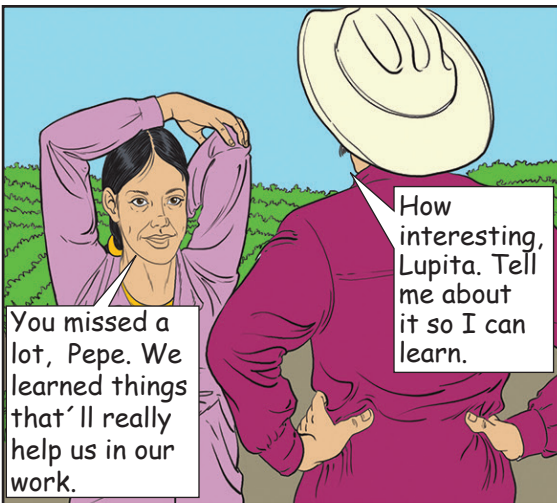


Lupita, what are you all doing right now? What are those exercises? Are you about to go play soccer?

No Pepe. Didn't you come last weekend?



No, Lupita. What did I miss?



You missed a lot, Pepe. We learned things that'll really help us in our work.

How interesting, Lupita. Tell me about it so I can learn.

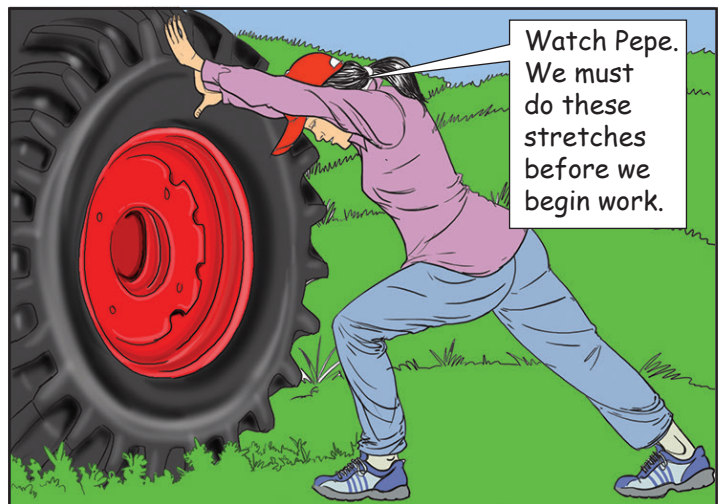


We had a training on how to protect ourselves and how to keep from getting hurt at work. The instructor told us we are like athletes. Before we go on the 'field' we need to stretch our muscles to prevent injuries.

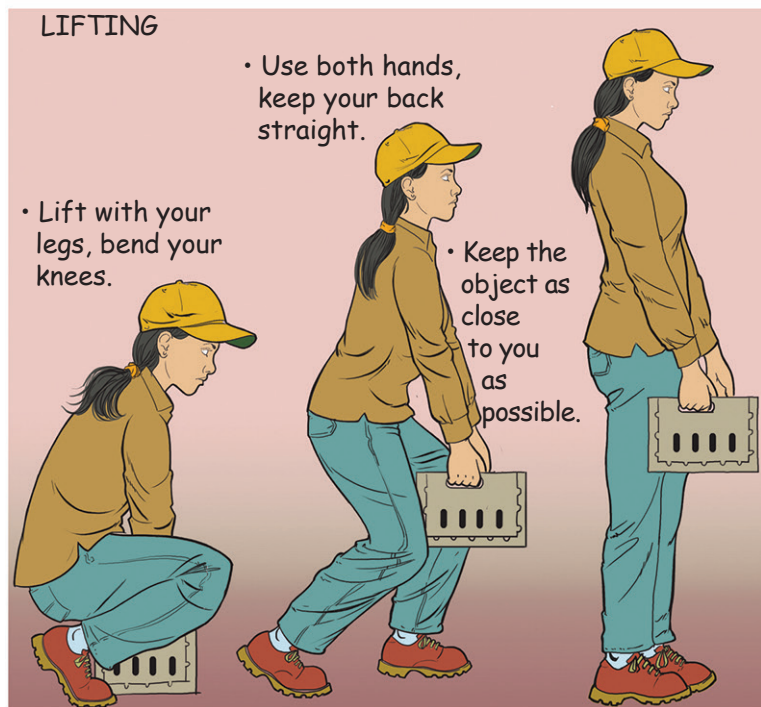
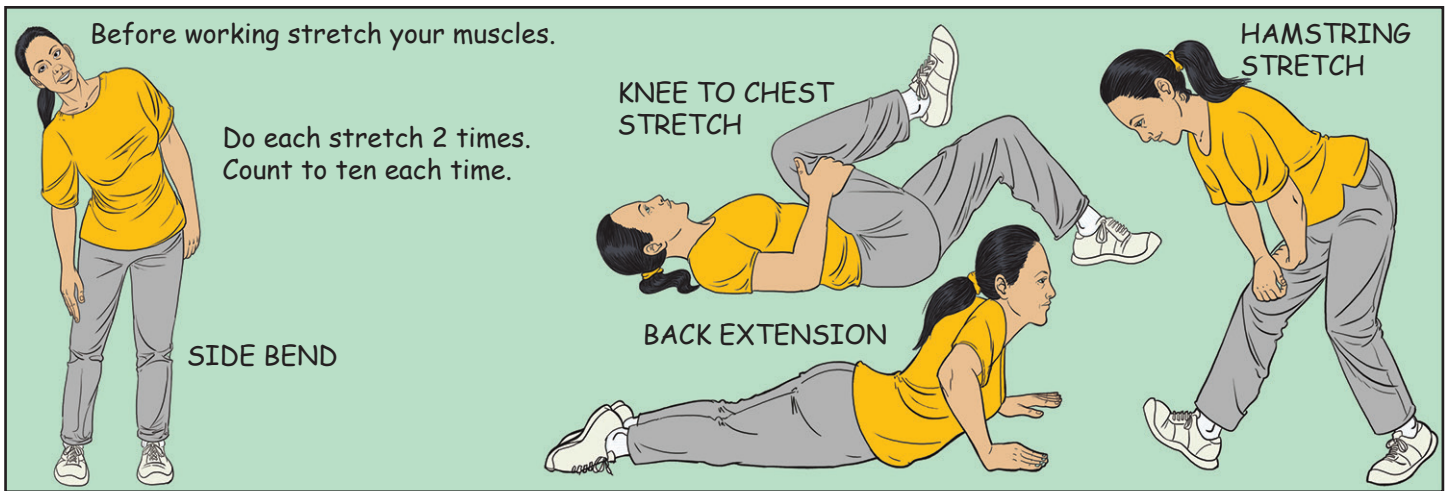


Great. We need training!

Of course! I will teach you what we learned and you can teach the others who didn't come.



Watch Pepe. We must do these stretches before we begin work.



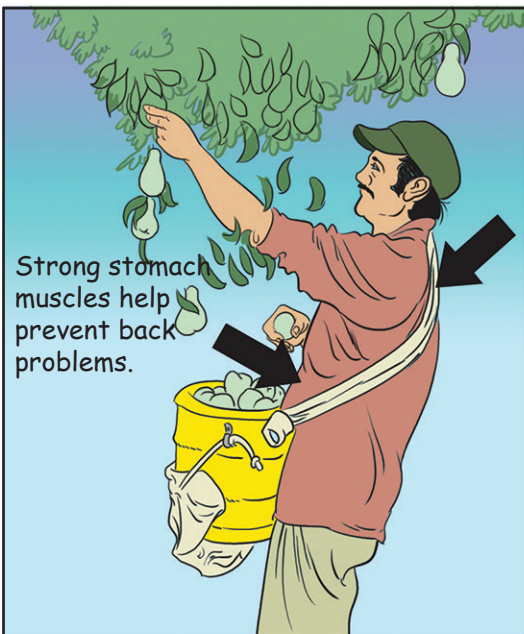
Whenever possible, push...



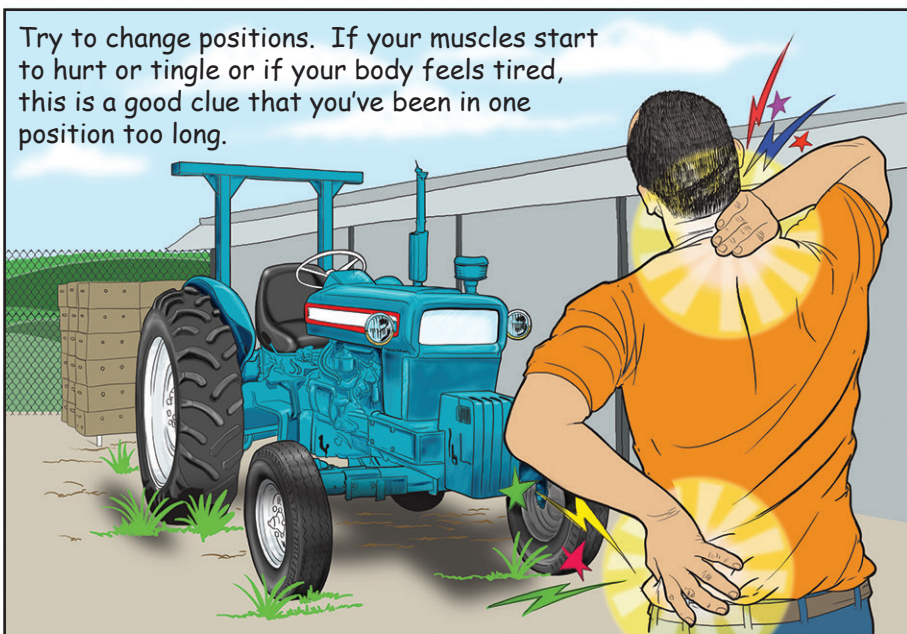
...or pull an object rather than lift.



Strong stomach muscles help prevent back problems.



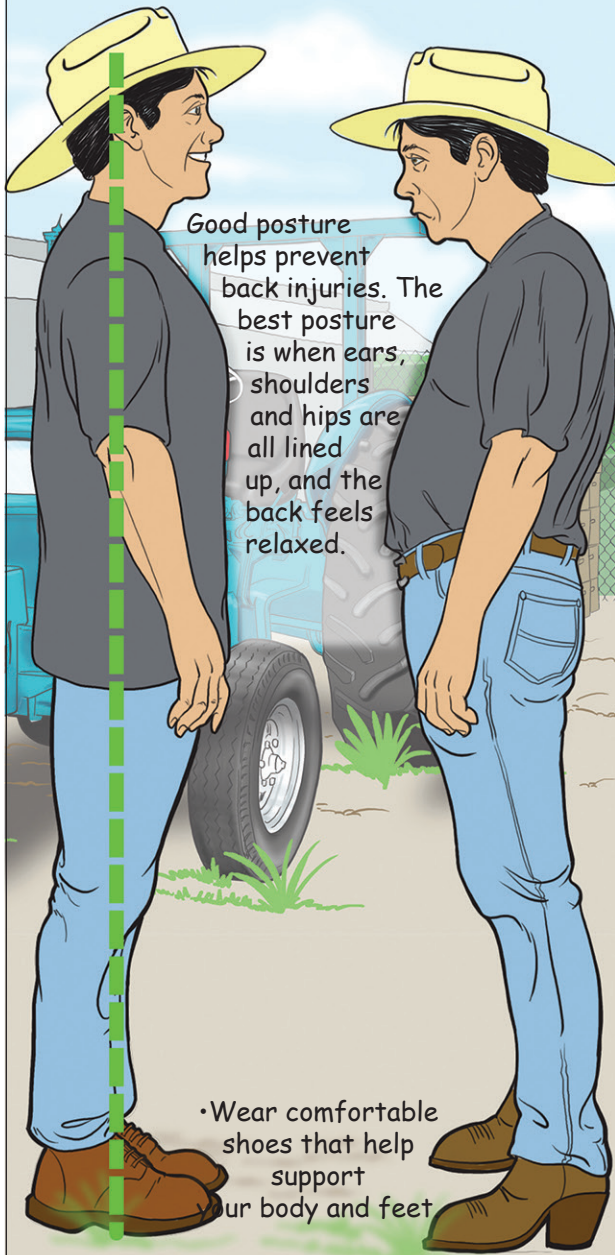
Try to change positions. If your muscles start to hurt or tingle or if your body feels tired, this is a good clue that you've been in one position too long.



• Do not stay in one position for a long time. If you can, get up and walk around. Try the back extension exercise on page 5.



Medicines that you can buy at the store, like Advil and Tylenol may help the pain. Be careful not to overwork your body because you feel less pain. Your body is still recovering, even though you may not feel the pain.



Good posture helps prevent back injuries. The best posture is when ears, shoulders and hips are all lined up, and the back feels relaxed.

•Wear comfortable shoes that help support your body and feet

If standing for a long time, try to keep the knees relaxed and unlocked. If possible, put one foot on a low stool.

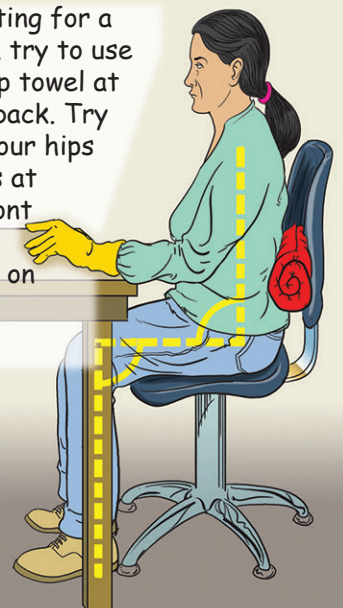


- Sleep on a firm mattress.
- If you sleep on your side, keep a pillow between your knees.

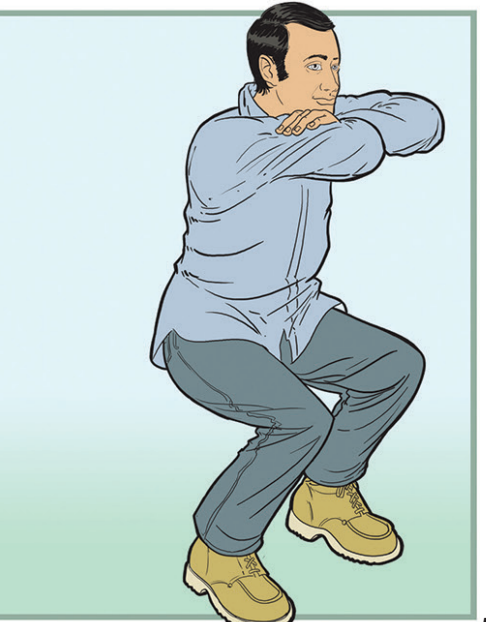
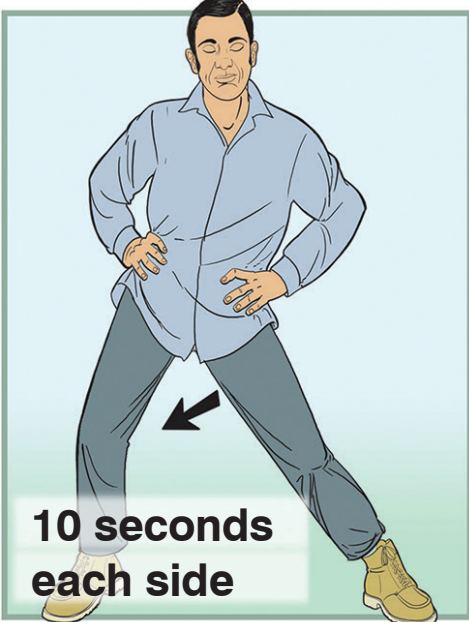
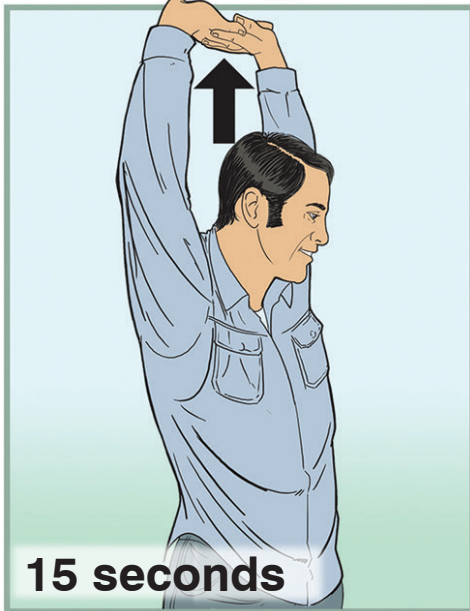
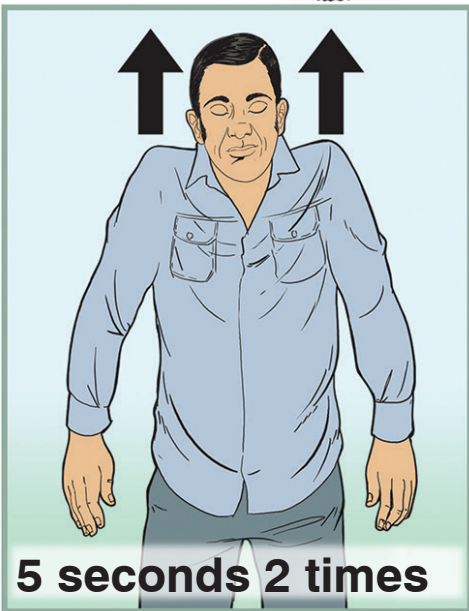
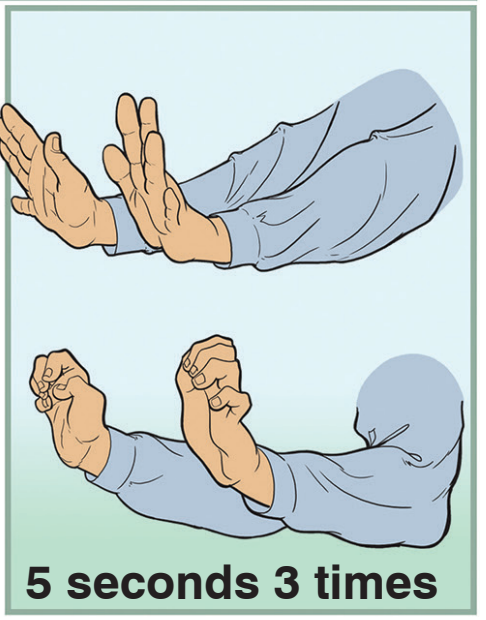
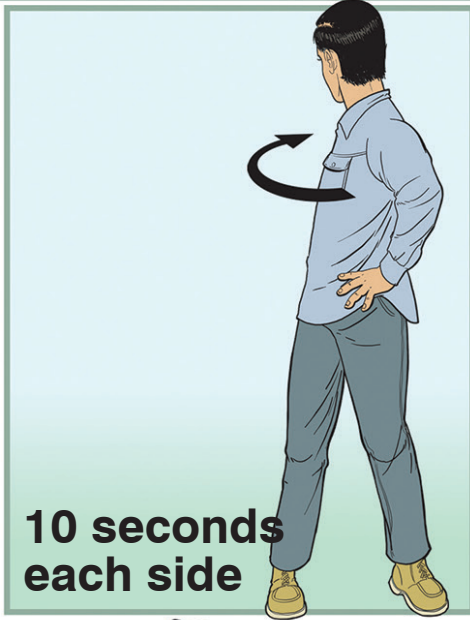


**FIRM MATTRESS**

When sitting for a long time, try to use a rolled up towel at your low back. Try to keep your hips and knees at facing front and your feet on the floor.



**Stretches to do each day before and after work:**



# HOW TO STRETCH

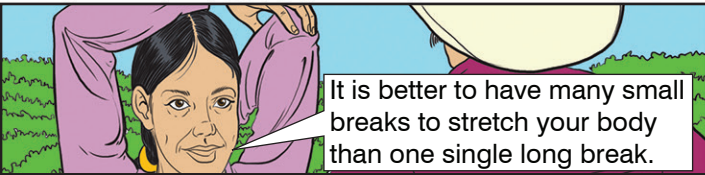
Your body was made to move.



Staying in one position too long can cause injury.



Try to change positions or stretch.



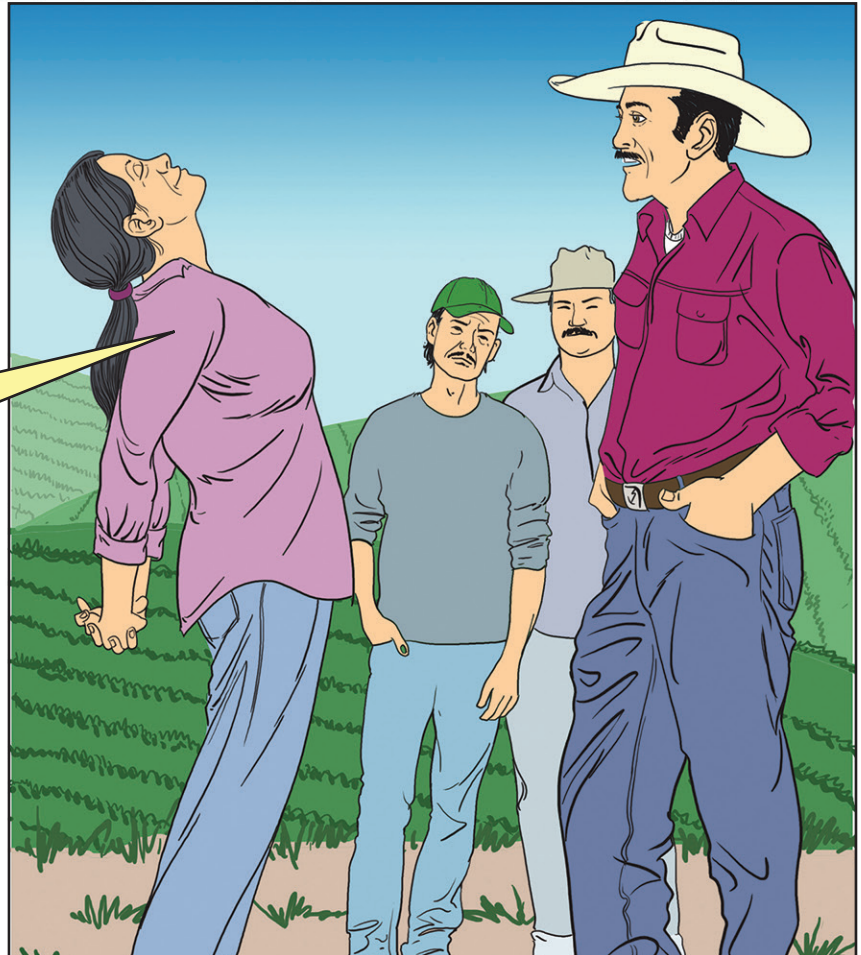
It is better to have many small breaks to stretch your body than one single long break.



Here are a few tips for stretching:

- Stretch slowly.
- Breathe normally.
- You should feel a gentle stretch in the muscles.
- Stop if you feel a sharp pain, it is a sign that you have stretched too much.
- The stretch sensation should begin to disappear after 10 to 15 seconds.
- Hold each stretch for at least 60 seconds, or until you feel the muscle relax.
- Stretch only as far as is comfortable. Stop if you have a painful burning feeling.
- Repeat each stretch 1-2 times.
- Whenever you stretch one side, always do the same stretch on the other side.
- Avoid bouncing or jerky movements during stretching. Hold the stretch.
- Relax your mind and the rest of your body as much as you can.
- Enjoy the stretches.

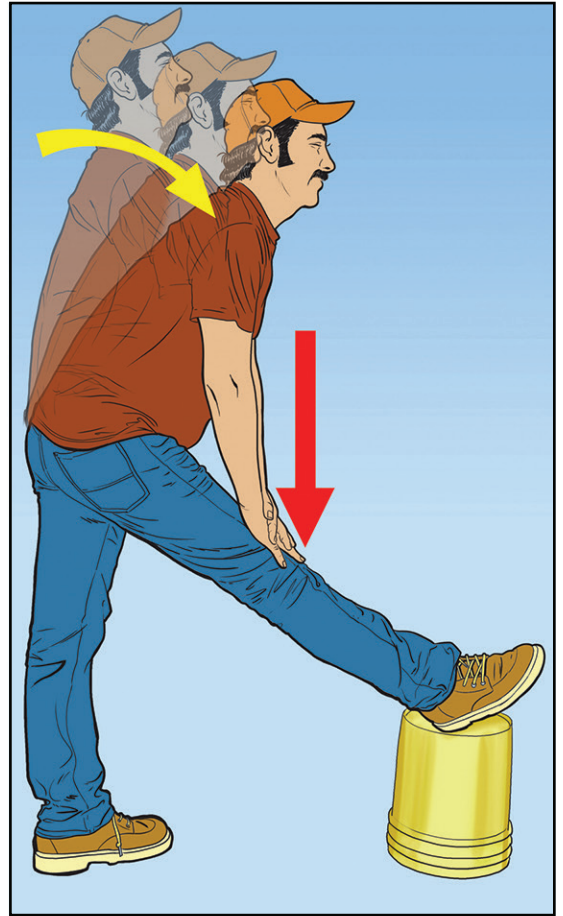
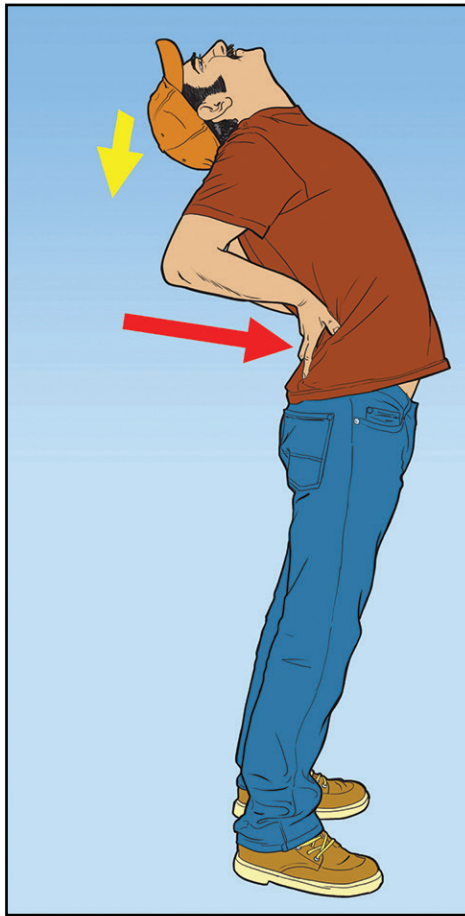
The benefits of stretching happen over time.



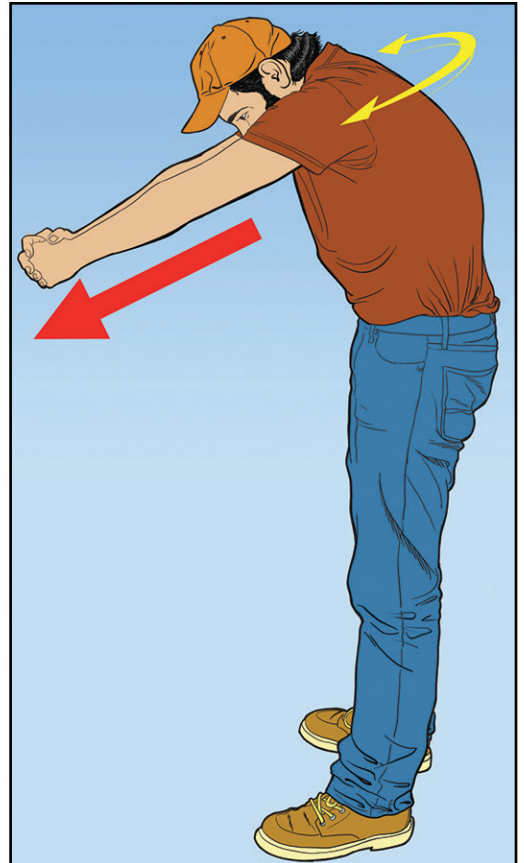
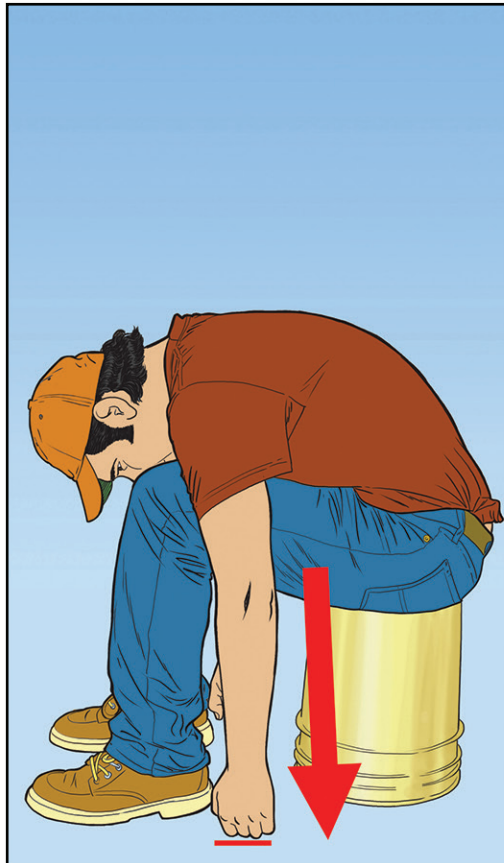
## WARNING

If you feel sharp pain, shooting pain or numbness when doing any of these stretches stop immediately.

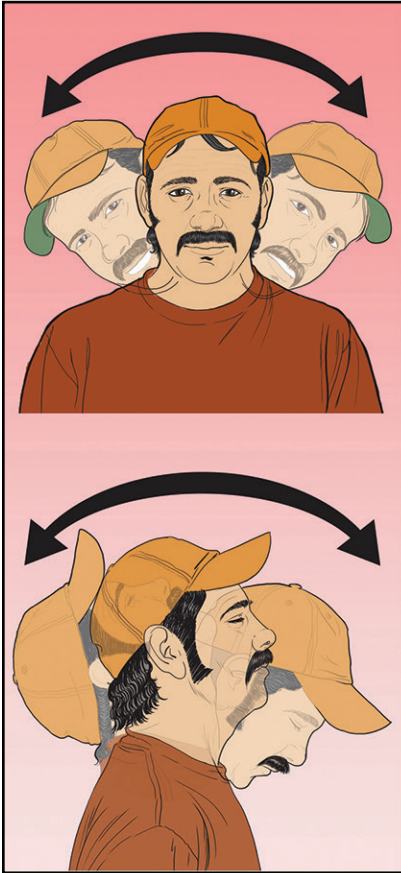
**If you sit or bend forward for long periods of time, try these stretches:**



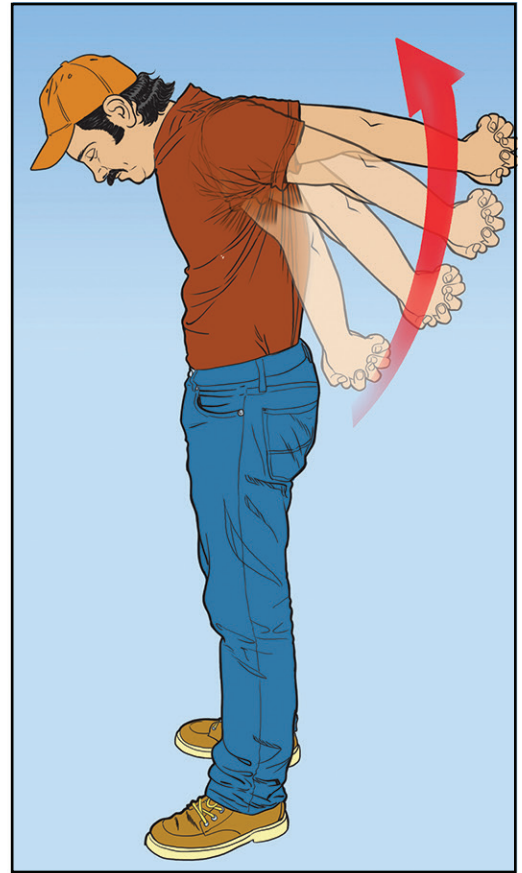
**If you twist and stand for long period of time, try these stretches:**



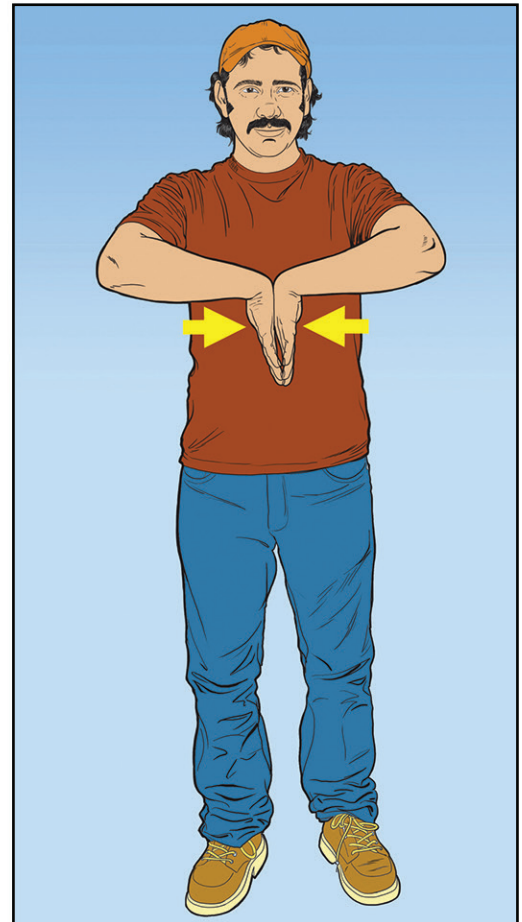
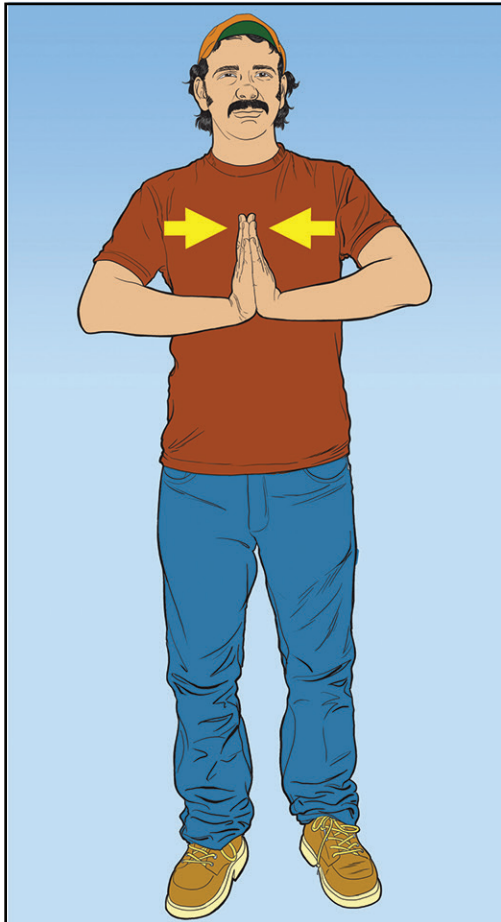
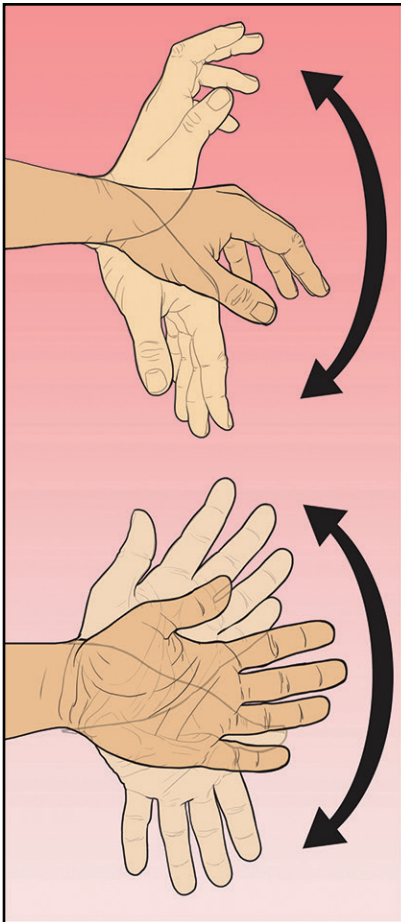
# If you bend or twist your neck for long period of time, try these stretches:



- 1- Touch the base of your neck with one hand.
- 2- Bend head forward and slightly to the other side until the stretch point is felt.
- 3- If the stretch point is not felt, reach up behind the head and gently pull the head downward until the stretch point is felt.

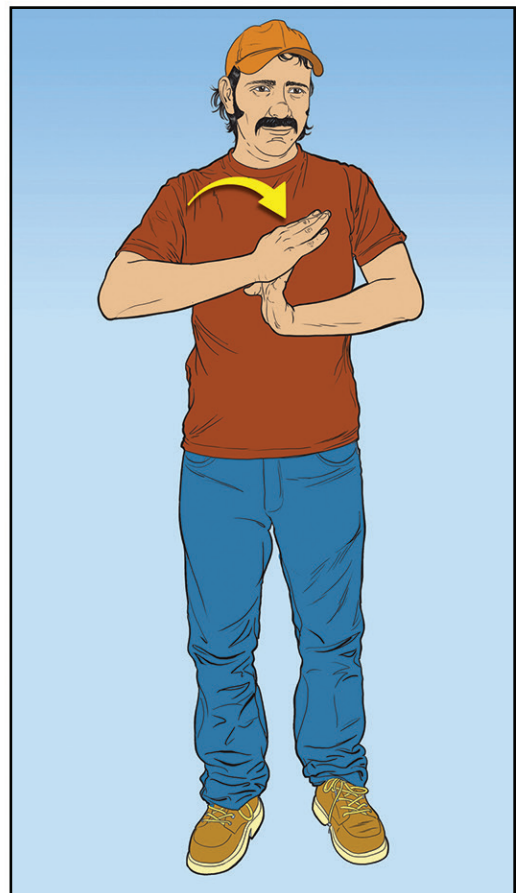
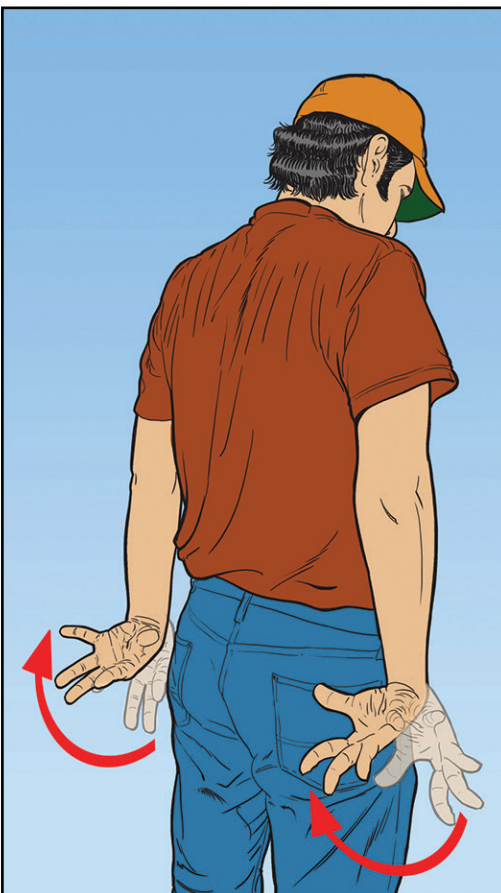
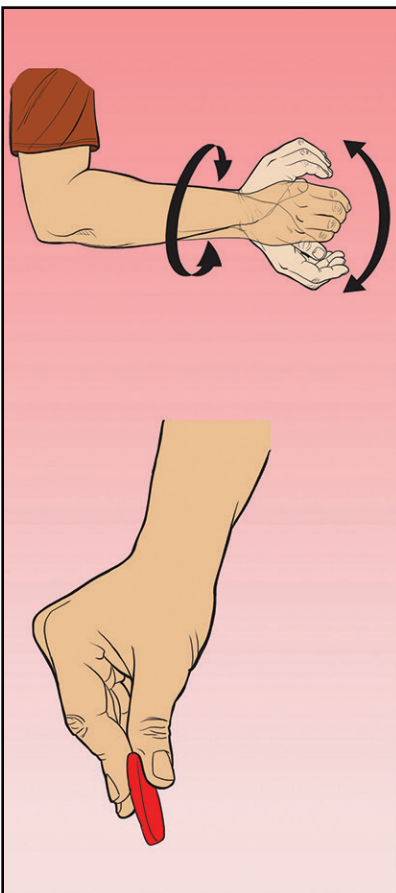
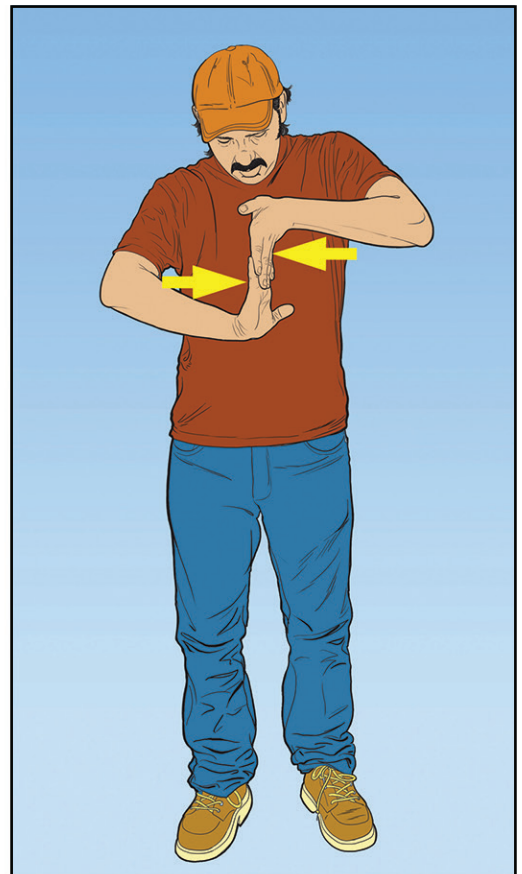
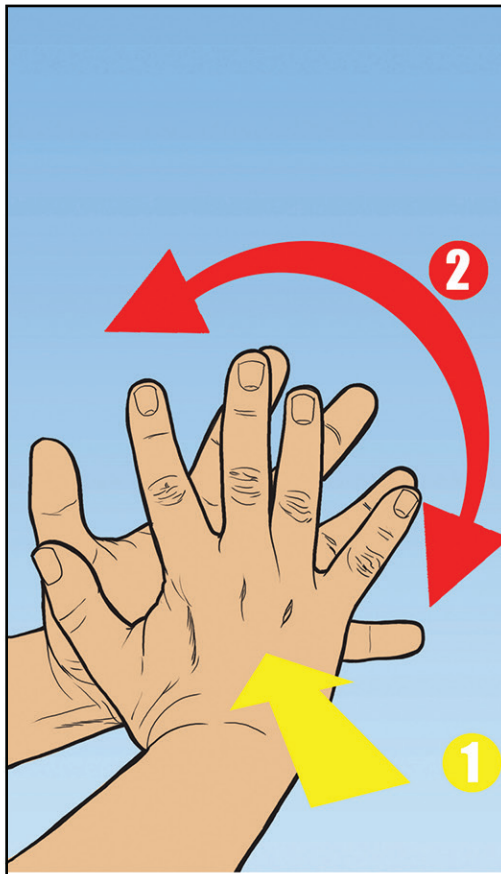


# If you move your wrist and hand over and over again for a long period of time, try these stretches.

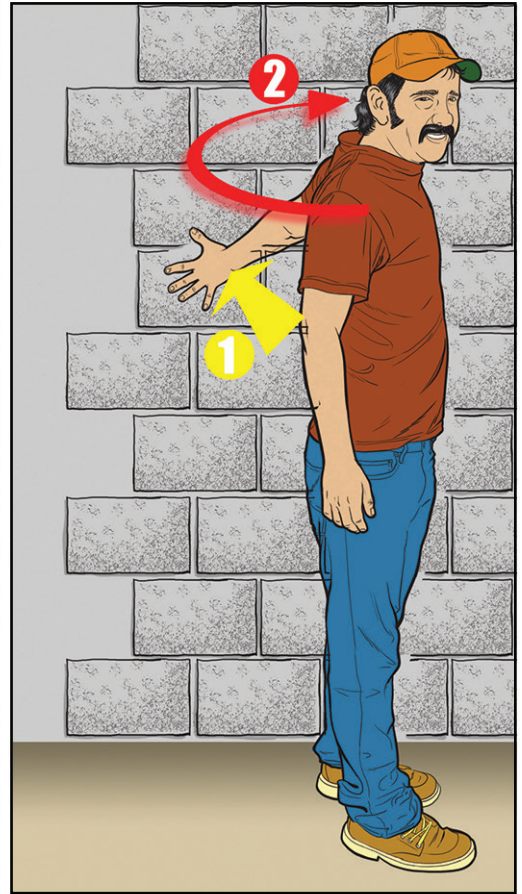
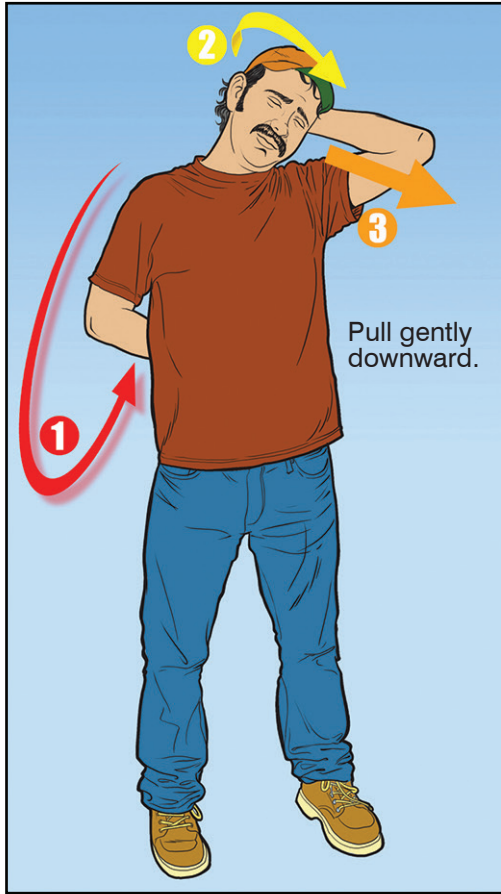
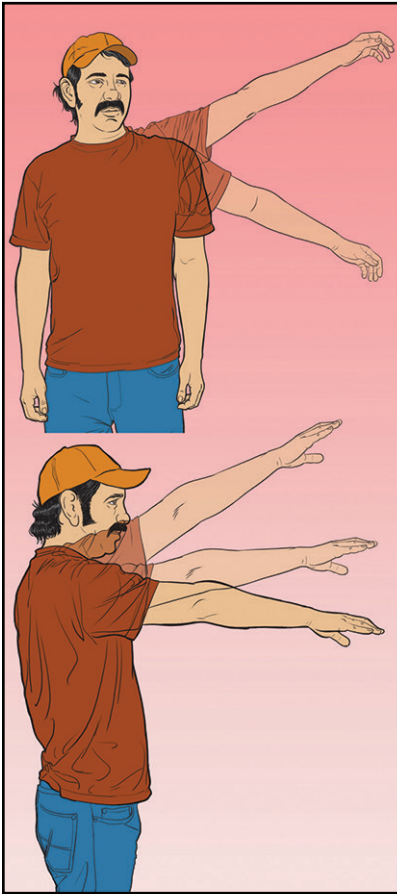




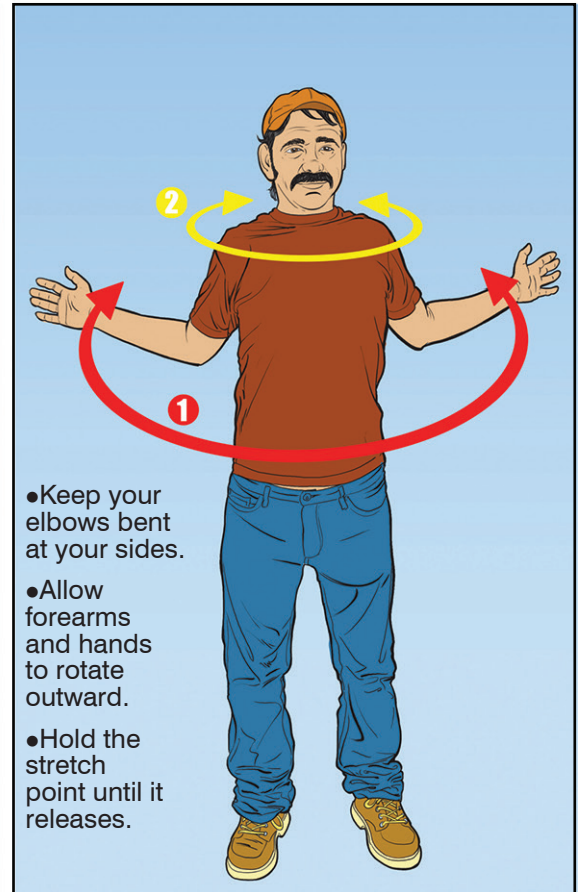
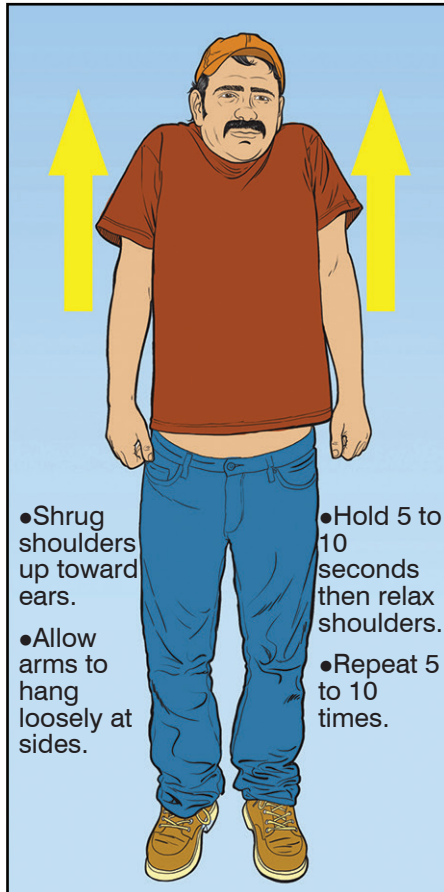
**If you use your forearms or if you grip something by pinch or use your fingers over and over again, try these stretches:**



**If you have to raise your arms in front or to the sides over and over again, try these stretches:**



**If you're in position where you shrug your shoulders or move your arms, try these stretches:**





Content: Salvador Sáenz, Amy K. Liebman and Giulia Earle-Richardson

Artwork and Design: Salvador Sáenz

Color: Uriel E. Sáenz

# NEC

The Northeast Center  
for Agricultural Health



The Northeast Center for Agricultural Health  
The New York Center  
for Agricultural Medicine and Health  
One Atwell Road  
Cooperstown, NY 13326  
Phone: 800.343.7527  
[www.nycamh.org](http://www.nycamh.org)

MIGRANT CLINICIANS NETWORK



Migrant Clinicians Network  
P.O. Box 164285  
Austin, TX 78716  
(512) 327-2017  
[www.migrantclinician.org](http://www.migrantclinician.org)

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