

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Muscular Endurance and Flexibility

- Muscular endurance is the ability of a muscle to continue working strong without rest.
- Muscular endurance is required to achieve the stamina necessary to complete daily work tasks, especially those which require repetitive motions.
- Lifting lighter weight at higher repetitions will build muscular endurance while toning the muscles.
- Free weights and resistance bands are good options for building muscular endurance.
- Flexibility is the ability of joints and muscles to achieve a full range of motion.
- Flexibility helps prevent strains and sprains and helps keep your body feeling comfortable after exercise.
- A stretching program makes you more flexible by increasing muscle length, and the effective range of motion in joints.
 - Stretching lengthens the connective tissue surrounding muscle fibers. Failure to warm up the muscle prior to stretching can lead to sprains and strains.
- Stretch daily, especially prior to beginning work, and periodically throughout the workday.
 - Warm up your muscles with a few minutes of aerobic activity (three minutes of marching in place or jumping jacks) prior to stretching.
- Stretch your arms, legs, shoulders, back, neck, hands, and fingers.

Notes:

Instructor Tips

- **Demonstrate various types of stretches, but be sure to warm up first.**

Note: See Toolbox Talk, Exercise 5 for sample stretches.
- **Ask workers to discuss any injuries they may have had either on the job or off that may have been prevented by a stretching regiment.**
- **Ask workers if they stretch on a regular basis, and if so, what types of stretches.**

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

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Exercise (4)