

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Sample Stretches



Chin to Chest



Bicep-wall



Front-to-back/Side-to-side



Hand to Spine



Strangle



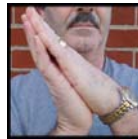
Upward Arm



Hip Flexor



Wrist Stretch



Finger Stretches



Hands on Back



Body Twist



Knee Up



Quadriceps



Side Lunge



Normal Calf



Calf



Soleus



Ankle/Calf



Notes:

Instructor Tips

- Demonstrate the stretches shown and have the workers perform them with you.
- Note: Be sure to warm up first by marching in place for a few minutes or by doing jumping jacks.
- Remember to perform the stretches slowly and to hold them for 3 to 5 seconds.
- Remind workers to perform the stretches prior to starting work and periodically during the day.
- Note: Also see the SMOHIT Flex and Stretch Training Program.

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Name		Init.	Name		Init.
1.			13.		
2.			14.		
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5.			17.		
6.			18.		
7.			19.		
8.			20.		
9.			21.		
10.			22.		
11.			23.		
12.			24.		

Exercise (5)