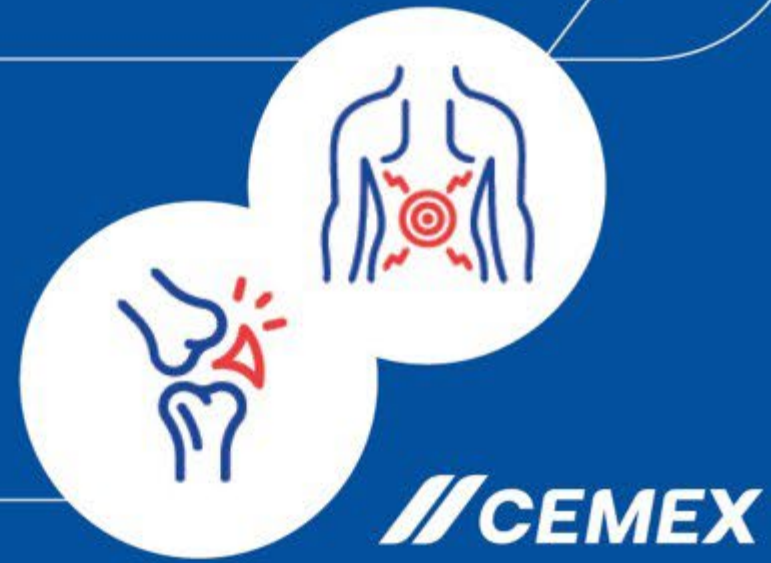


5 KEY EXERCISES TO PREVENT MUSCULOSKELETAL OVERLOAD



1. SHOULDER ROLLS

Relieve tension in shoulders and neck

How to perform:

- Stand upright
- Lift your shoulders slightly
- Slowly roll them backward in a circular motion

Repetitions: 10 times backward, 10 times forward

Benefits: reduces shoulder tension and prepares upper body for physical work



2. BACK EXTENSION

Reduce strain on the lower back

How to perform:

- Place your hands on your hips
- Gently lean your upper body backward
- Hold the position for 3–5 seconds

Repetitions: 5–8 times

Benefits: relieves lower back tension and counteracts prolonged bending



3. HAMSTRING STRETCH

Stretch the back of the legs

How to perform:

- Place one foot on a low step
- Keep your back straight
- Lean slightly forward from the hips

Duration: 10–15 seconds per leg

Benefits: improves flexibility and reduces strain on the lower back when lifting



4. SIDE TRUNK STRETCH

Improve spinal mobility

How to perform:

- Stand upright
- Raise one arm above your head
- Slowly bend your torso to the side

Duration: 10 seconds on each side

Benefits: improves flexibility of the torso and helps prevent muscle stiffness



5. LIGHT SQUATS

Activate leg muscles before lifting

How to perform:

- Stand with feet shoulder-width apart
- Bend your knees as if sitting down
- Keep your back straight

Repetitions: 8–10 times

Benefits: activates leg muscles and reinforces proper lifting movement



SAFE EXERCISE RULES

- Warm up before starting physical work
- Perform exercises slowly and in a controlled manner
- Maintain normal breathing throughout the exercises
- Stop immediately if you feel discomfort or pain