



## SKILLS LEARNED

PRINCIPLES OF STRETCHING;  
PHYSIOLOGICAL BENEFITS; SAFETY  
ASPECTS ASSOCIATED WITH  
STRETCHING AND WARM UP  
ACTIVITIES; TASK SPECIFIC WARM-  
UP EXERCISES; TASK SPECIFIC  
STRETCHES; TASK SPECIFIC NERVE  
GLIDE MOVEMENTS;

## WHO WILL BENEFIT

ALL EMPLOYEES  
FLOOR SUPERVISORS  
TEAM LEADS  
OCCUPATIONAL HEALTH NURSES  
ERGONOMIC TEAM MEMBERS  
SAFETY TEAM MEMBERS  
FOREMEN

## THE STRETCHING COACH CERTIFICATION:

Too many traditional stretching programs have taken a “one size fits all” approach which typically results in limited success. Additionally, most stretching programs emphasize stretching before work but not on performing these same activities throughout the workday when natural breaks occur in work cycles.

Stretching and warm up activities can be an effective component of an ergonomic risk reduction process when they are task specific and integrated into work cycles throughout the work day without affecting productivity. Task specific stretching becomes even more critical with an aging workforce or with employees who may have previous injuries with scar tissue that may limit normal motion.

The Stretching Coach Program teaches your employees how to perform task specific warm-up activities, stretches and nerve glide activities that are going to be most beneficial to them, based upon the physical stresses they are engaged in throughout the workday. Individuals participating in the Certified Stretching Coach (CSC) training will develop the skills necessary to teach coworkers the proper way to perform warm-up activities, static stretching and nerve glide movements.

Customized training can be developed that utilizes video clips of your job tasks with employees demonstrating task specific warm-up exercises, stretches and nerve glide movements based on the jobs that are being performed. The Certified Stretching Coach (CSC) is a certificate training that is designated with each year of certification.