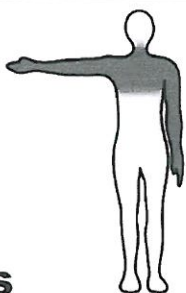


Safety At Work Stretches

Arms & Shoulders



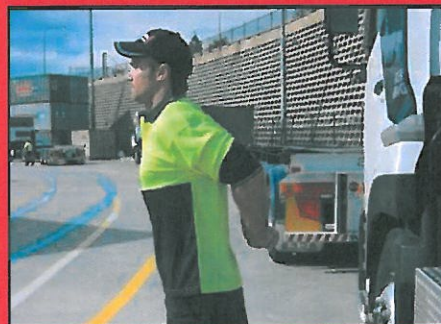
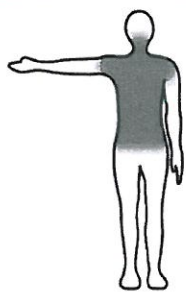
Legs



Legs



Back



LABOURPOWER
RECRUITMENT SERVICES

Hold each stretch for 15 seconds

If you experience pain that is not relieved by stretching or rest, contact your supervisor immediately or HR and OH&S Manager on 1800 080 008.



Preventing Injury ~ Promoting Health
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