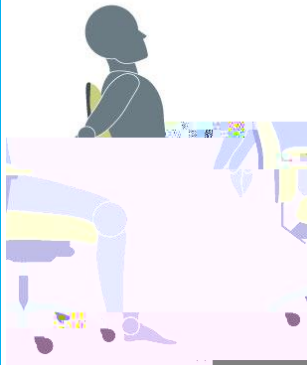


Health and Safety Department

## Stretches for Computer Users

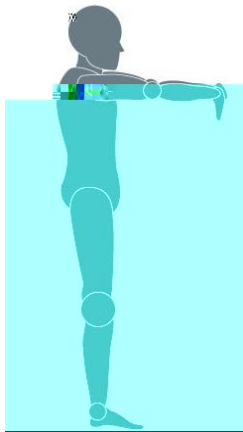


#### 4) Backward Shoulder Stretch



Reach backwards, squeezing your shoulder blades together, expanding the chest.

#### 5) Wrist & Forearm Stretch

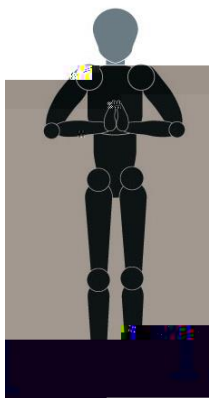


Stretch your arms forwards, palm downwards.

With the left hand apply a stretch to the back of the right hand.

Repeat for the left hand.

#### 6) Wrist Stretch



Bring your palms together in front of your chest, with fingers upwards and elbows out to the side.

Press the base of the hands together.

