



Worksite Warm-up and Stretching Program

Train-the-Trainer

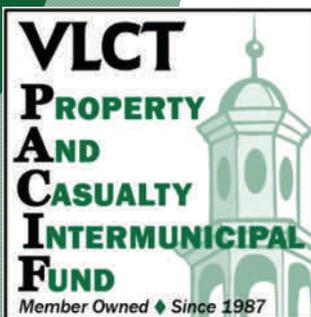
with Heidi Joyce

VLCT Senior Loss Control Wellness Consultant

Musculoskeletal sprains and strains (predominantly from over-exertion and poor ergonomics) and slips, trips and falls cause the majority of Vermont municipalities' workers' compensation claims. These injuries most often affect highway, police, fire, rescue and solid waste employees.

PACIF's Train-the-Trainer program for warm-up and stretching is designed to train enthusiastic members of your staff to deliver a simple, 10-minute standing routine at the beginning of each workday, whenever possible, to help reduce the most common workplace injuries.

We recommend having one person from each department attend this one-hour training. VLCT PACIF will provide each trainee with the materials necessary to conduct the stretch routine onsite, including step-by-step descriptions of each exercise. The trainee doesn't have to be a supervisor, just be consistent and supportive. He or she will simply use the materials to guide the group.



To get this program started in your municipality, contact Heidi Joyce at 1-800-649-7915 or email hjoyce@vlct.org

Workplace Warm-Up & Stretching: Train-the-Trainer



Heidi visits and trains employees in how to lead daily stretching sessions. She provides all the necessary training materials (shown on the floor at left and on the table below).

Everyone who is trained practices leading the other trainees in at least one of the stretches.



Warm-Up & Stretching in Action

Your Trainers

- Are from most departments
- Lead pre-shift stretching every day

PACIF WorkStrong provides

- Printed class materials
- Participation forms
- PowerPoint presentation to use on a computer or with a projector
- YouTube how-to video with Heidi
- A DVD with six stretch routines
- A PDF to print our pocket-size Daily Warm-Up & Stretch handbook to use anywhere and any time!

