



Do You Spot or Look Up for Your Job?

Spotting often requires looking up and standing in one place for long periods of time. Looking up, whether to spot or to perform work activities, can cause tightness to the muscles along the back of your head and neck, which may lead to tension headaches, pressure, or discomfort.

Standing in place, either on the ground or in a lift, also increases the demand on the circulation system, which can lead to tiredness and swelling into the legs and feet. In addition, standing for prolonged periods can bring about soreness into the mid and lower back.

When Spotting:

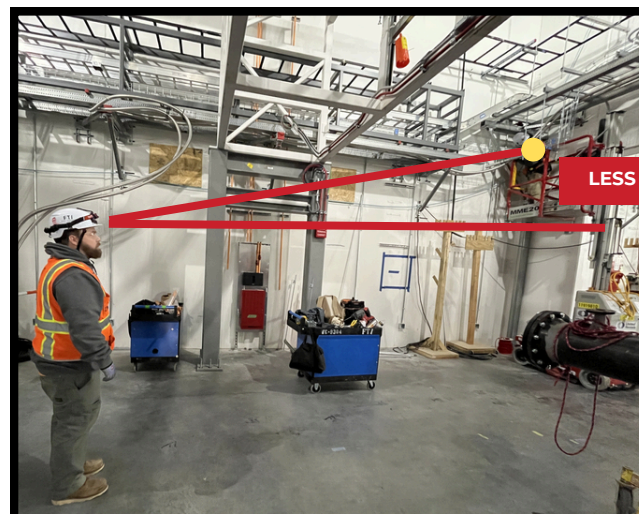
- If able, stand 25 ft from the lift
- Look up with your eyes vs. head
- Avoid standing in one spot - change positions BEFORE you notice discomfort
- Avoid prolonged extension of the neck to decrease pressure at the base of the skull
- Move your legs - this decreases joint pain, swelling, and improves circulation in the feet
- Perform counter stretches at least 1-2 times per hour to reduce aches and pains

When Looking Up for Work Activities:

- Position the lift in the most optimal position for the task - even if that means making several adjustments to the height/position.
- Avoid standing in one spot and change positions as able
- Avoid prolonged extension of neck to decrease pressure at base of skull
- Take a microbreak BEFORE you notice discomfort
- Move your legs - this decreases joint pain and swelling and improves circulation in the feet
- Perform counter stretches at least 1-2 times per hour, or after completion of a task, to reduce aches and pains



TOO CLOSE



GOOD DISTANCE



Stretches and Prevention

Stretching is an essential part of maintaining comfort and preventing pain during repetitive activities. It helps to counteract the strain caused by prolonged standing, repetitive neck movements, and static postures.

Regular stretching improves circulation, relieves tension in overworked muscles, and reduces the risk of pain or discomfort in the neck, back, and feet. By incorporating targeted stretches 1-2 times per hour, you can maintain flexibility, improve posture, and support long-term joint and muscle health while on the job.

Stretches:

Chin Nod



Stand with your back straight and look straight ahead. Gently nod your head to give yourself a double chin, feeling a stretch along the back of your neck. Hold for 3-5 seconds. Perform 5-10 reps.

Midback Stretch



Cross arms over chest, like you are giving yourself a hug. Gently curl your head and upper back until you feel a stretch between your shoulder blades. Hold for 5-10 seconds. Repeat 2-5 times.

Lower Neck/Upper Back Stretch



Clasp your hands in front of your body with your arms straight. Slowly bring your head downward, roll your shoulders forward like you're pulling your shoulder blades apart, and lift your arms until you feel a stretch in your lower neck and upper back. Hold for 5-10 seconds. Repeat 3-5 times.

Additional Prevention Activities

- **Walk at least 10 steps 3-4 times each hour to decrease pressure and improve circulation into your legs**
- **Perform dynamic movements with your legs such as:**
 - Marching in place
 - High knee stretch
 - Bottom kicks
 - Heel/toe raises
 - Ankle circles
- **Take microbreaks BEFORE noticing discomfort**

Questions?

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