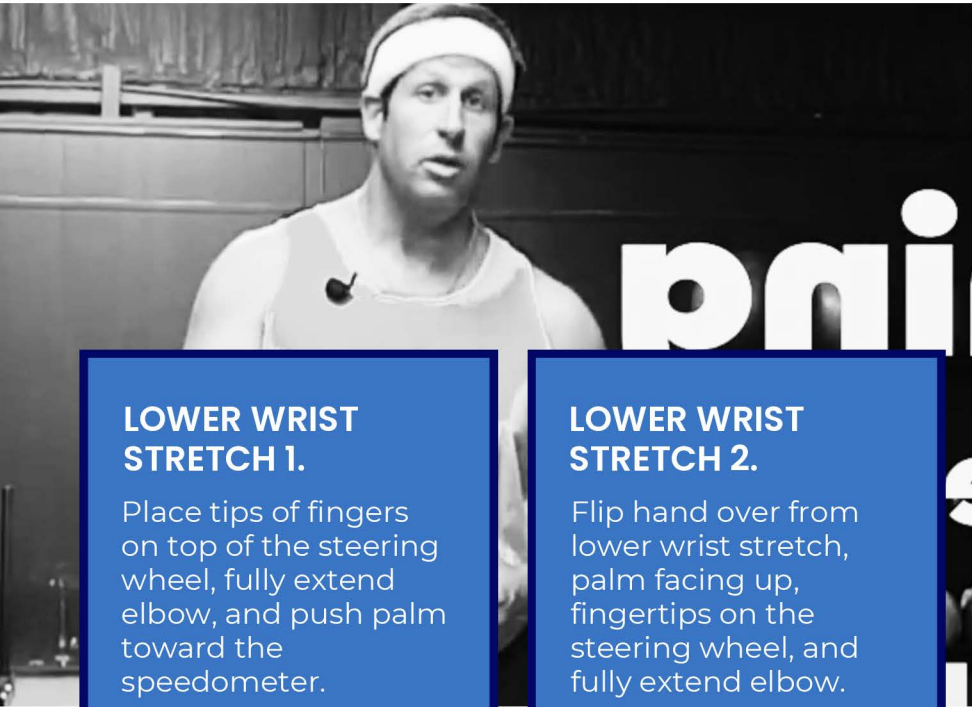


Monthly Safety Training



LOWER WRIST STRETCH 1.

Place tips of fingers on top of the steering wheel, fully extend elbow, and push palm toward the speedometer.

LOWER WRIST STRETCH 2.

Flip hand over from lower wrist stretch, palm facing up, fingertips on the steering wheel, and fully extend elbow.

NECK & POSTURE STRETCHES.

#1: Anchor left shoulder with right hand & look away to the right. Repeat on opposite side.
#2: Put hand behind back & reach to touch opposite shoulder blade. Repeat on opposite side

MOVE YOUR BODY.

Move neck by looking side-to-side and elongate spine by reaching over head and clasping fingers together.

SAFETY FIRST.

Do these stretches ONLY while vehicle is stopped and parked. Never attempt while driving.



STRETCHING TIPS FOR DRIVERS

JUNE 2025

<https://bit.ly/4gvorQt>



SCAN THE CODE, LEARN MORE.

We have created a short, fun, and interactive “game” for each monthly safety training topic. Scan or click the code to play along!