

One Team Warm Up

Parcel processing & freight handling

– Routine three



The One Team Warm Up will help you to move better and get you ready for the job ahead. Follow these moves before you begin work.

Do 5 repetitions, or 5 repetitions on each side, unless otherwise specified.

Remember

- If you have an injury, advise your supervisor before participating
- Perform movements within your comfort levels and if you are feeling discomfort, lower the intensity or stop
- Breathe normally – don't hold your breath

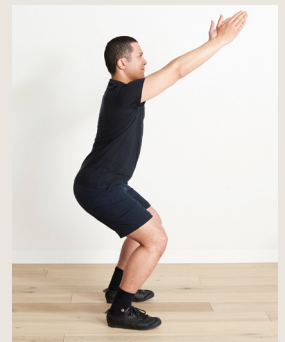
Butt flicks

- Bring heels towards buttocks – only lift heel to a comfortable range
- Keep weight through heel when on the ground



Squat and reach

- Position feet wider than hips with toes pointing out 45 degrees
- With hands on hips squat to a comfortable position
- Arch lower back
- Reach up with both arms, place hands back on hips and rise out of squat



Side step lunge

- Place hands on hips
- Step at a 45 degree angle into a lunge position
- Toes follow your nose



Picking apples – side to side

- Position feet shoulder width apart with knees slightly bent
- Reach across body at shoulder height with one arm and rotate body to the side
- Toes follow nose and lift trailing heel



Flexion and extension

- Stand with feet shoulder width apart and hands on hips
- Squat to a comfortable level
- Rise up out of squat and gently push hips forward, slightly arch back and lift chest up



Teapots

- Place left hand on hip and slightly bend the knees
- Reach with the right hand up over your head
- Bend slightly to the left
- Repeat on the right side



Deep breathing

- Stand with feet shoulder width apart, knees relaxed, tummy in
- Place hands across chest
- Breathe in and out slowly
- Reflect on a safe thought or how you will move safely during your shift
- Hold for 2 seconds

