

TAILGATE SAFETY

The FGI believes it is important to always put safety first.

Our Tailgate Safety Program is a safety training resource for construction and other high hazard industries.

**SAFETY
FIRST**

Safety training for the job site & the office!

Stretching for a Safer Crew – August 2026 – FGI Safety Tip

Musculoskeletal injuries (MSIs) are one of the most common types of injuries in the workplace, especially in installation work. Stretching helps prepare the body for physical demands and reduces the risk of strains, overexertion injuries, and lost time.



Layfield field crew doing 10 minute morning stretching routine



Comanco crew doing morning stretching routine

IMPORTANCE OF STRETCHING PROGRAMS



Improving Flexibility and Range of Motion

Helps the body move more efficiently during demanding tasks.



Enhancing Physical Preparedness

Acts as a warm-up, increasing blood flow and reducing stiffness.



Protecting Joints and Connective Tissue

Reduces the likelihood of strains and overexertion injuries.



Supporting Muscle Recovery

Improves circulation and helps the body rebound more quickly after physical activity.

LAYFIELD STRETCHING PROGRAM (10 MINUTES)



NECK

- Slowly lower head right & left.
- Repeat in other directions (front, down, and back).



SHOULDERS

- Raise right hand onto middle of the opposite arm.
- Pull right elbow gently across body. Hold 30 seconds.
- Repeat on opposite side.



SHOULDERS

- Grasp right elbow with left hand.
- Pull elbow backward to stretch shoulder.
- Hold 30 seconds.
- Repeat on opposite side.



BACK

- Place hands on back of hips.
- Gently arch upper back backwards.
- Maintain stretch arms and back.
- Hold 30 seconds.
- Repeat three times.



TRUNK

- Raise left hand on high.
- Extend over right arm over head.
- Bend over body to the right.
- Hold for 30 seconds.
- Repeat on opposite side.



HAMSTRINGS

- Assume a wide position with legs straight.
- Lean forward, right foot forward.
- Lower upper body forward until tension is felt.
- Hold 30 seconds.
- Repeat on opposite side.



THIGHS

- Place left hand on stationary object for balance.
- With right hand, grasp right ankle behind body.
- Hold 30 seconds.
- Repeat on opposite side.



CALVES

- Assume a wide position with left leg forward.
- Keep right foot flat on the floor.
- Bend left knee.
- Place both hands on left knee.
- Hold 30 seconds.
- Repeat on opposite side.

INSTALLATIONS IS HARD WORK



Stretch it out. Stay strong. Work smart. Protect your body and your crew every day.

A FEW MINUTES TODAY CAN PREVENT INJURIES TOMORROW.

Protect the Crew. Protect the Project. Safety Starts With You.

FGI

Safety tips are presented monthly by FGI members & industry experts

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