

Preventive Stretching Program Toolkit



AMI's Ergonomics Subcommittee, ATI Physical Therapy and ATI Worksite Solutions have designed a Preventive Stretching Program specifically for the mushroom industry. This toolkit contains downloadable posters, handouts and pocket cards as well as a presentation explaining how to establish a successful stretching program. All materials are available in English and Spanish.

BACKGROUND

Since slips, trips and falls along with sprains and strains cause most OSHA recordable injuries in the mushroom industry, AMI saw the need to design this practical, user friendly and industry specific program. Read more about how a stretching program can reduce workplace injuries [here](#).

IMPLEMENTATION

ATI Physical Therapy and ATI Worksite Solutions designed a "Train the Trainer" presentation on how to incorporate a Preventive Stretching Program into the busy workday on a mushroom farm, in a packing house, or on a composting wharf. Follow this link to view the presentation in [English](#) or [Spanish](#).

POSTERS & HANDOUTS

To encourage participation in your Preventive Stretching Program, consider using the routines in the posters and handouts in this toolkit. The handouts have details about how to perform the stretches while the posters rely on graphics. These routines are designed for employees throughout the mushroom industry.



Pre-Shift Warm-Up Routine

Employees perform these stretches prior to the beginning of their shift. The Ergonomics Subcommittee recommends designating a "stretching champion" to lead a group of employees in a short stretching session for maximum results. Click on the text below for a downloadable version of this dynamic stretching routine.

[Poster – English](#)
[Poster – Spanish](#)

[Handout – English](#)
[Handout – Spanish](#)

Micro-Break Stretching Routine

Employees perform these stretches during micro-breaks that occur throughout their work day. For example, a packing house employee may perform a few reps of a back bend while waiting for product to come down the line. No time is lost but the stretches are still worthwhile. Click on the text below for a downloadable version of this stretching routine.

[Poster – English](#)
[Poster – Spanish](#)

[Handout – English](#)
[Handout – Spanish](#)

POCKET CARDS

When you initiate the Preventive Stretching Program, provide your employees with the pocket cards in this toolkit. The pocket cards are designed to be small enough for employees to keep them on their person through the workday or during the stretching sessions. Each card has the name of the stretch, an image of the stretch, and a short explanation of how to perform the stretch. Sets of pocket cards are designed to be specific to different industry jobs and are available in English and Spanish. Click the text below to access and download the PDFs of these cards.

Administrative: [English – Spanish](#)
Growing: [English – Spanish](#)
Harvesting: [English – Spanish](#)

Harvesting support: [English – Spanish](#)
Maintenance: [English – Spanish](#)
Packing: [English – Spanish](#)

Shipping/receiving: [English – Spanish](#)
Transportation: [English – Spanish](#)
All stretches: [English – Spanish](#)

To access and download all contents of this toolkit simultaneously, [visit this link](#).

If you have any questions about implementing this program at your company, contact the Ergonomics Subcommittee. Call AMI at (610)268-7483 or email info@americanmushroom.org to be connected.