

Objective:

Implementation to incorporate Resistance Band stretches that focuses on the shoulder area during the morning stretching routine in the warehouse. The goal is to strengthen the shoulder area to lower injuries that have increased over the last 2 years, resulting in the highest cost factor area.

Item:

- ➔ Resistance Band (50 Yards) @ 4.8 lbs. of resistance
- ➔ Purchase 6 rolls @ 49.99 each

Routine: 10 reps each

- ➔ Lateral
- ➔ Front raise
- ➔ Pull Apart
- ➔ Bend over row (10 each arm)
- ➔ Over head press

Recording demonstration will be available with Jose Guzman and Taylor Summerlyn.

This new process will be incorporated at the end of their regular routine.

Logistics:

- ➔ Bands will be cut in 2-yard lengths.
- ➔ Bands will be stored in a new, clean bucket in Paul's office.
- ➔ Taylor, Paul, or any supervisor will get the bucket every morning and place it in the center of the huddle area.
- ➔ Each employee will be instructed to grab a band.
- ➔ Once employees complete the stretch routine, they will replace the bands in the bucket.
- ➔ Hand sanitizer will be available and recommended to utilize after each use.
- ➔ Bands will then be stored in Paul's office.