

# How Mandatory Stretches Increase Safety In The Workplace

## Abstract



The construction industry is one that revolves around safety. Without safety this industry fails. Jobsite safety keeps companies afloat longer whether it's financially, physically, or even mentally. This senior project dives into the benefits of mandatory stretching prior to each work day. This study also questions contractors and tests the stretches and their results. These benefits include muscle warm ups, increase of focus, added flexibility, increased range of motion, and even mental awareness. The idea of these morning stretches means more upfront costs for less costs later down the road. These stretches are an extra form of insurance when completed with the proper guidelines. The different GC's that were tested range from small to large in order to get a feel on the different perspectives and their effectiveness. On average these stretches take 10-15 minutes daily from actual work time, and fit in perfect transition of a toolbox talk or all hands meeting. Safety is something we cannot lack in by any means in the construction industry. With that being said, this information will be not only beneficial to large contractors, but small as well and can be directly applied to their way of business.

**Key Words:** Stretching, Financially, Safety, Flexibility, Insurance



## IDEA

- 15 minutes before every day on the jobsite, the entire crew will participate in a group lead stretching exercise to loosen up, get "blood flowing", and do simple stretches in order to prevent injuries
- Hypothesis: 15 minutes of stretching before work each day will help overall reduce the amount of injuries.

## METHODOLOGY

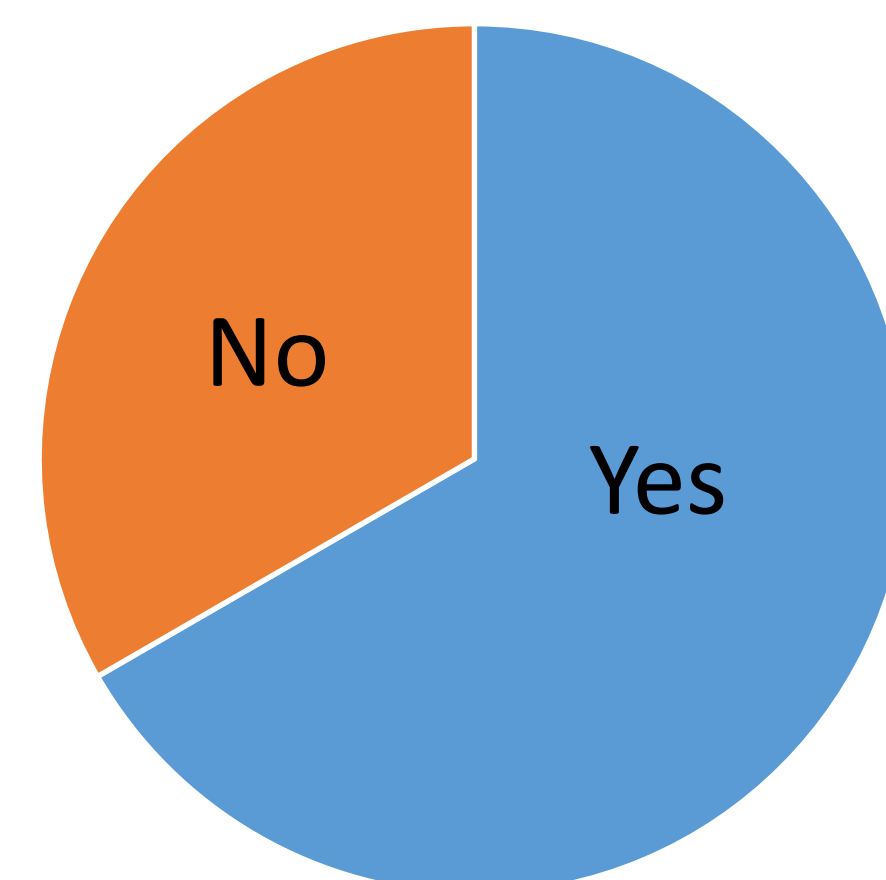
- Plan: Tour jobsites, and run surveys asking crews to stretch before work each day for a set amount of time, and then proceed to run surveys on how many injuries occurred before the stretching.
- Compare the numbers that I received from doing surveys on the jobsite with stretches, and then compare them to the number of injuries prior to doing the stretches.

## DATA COLLECTION

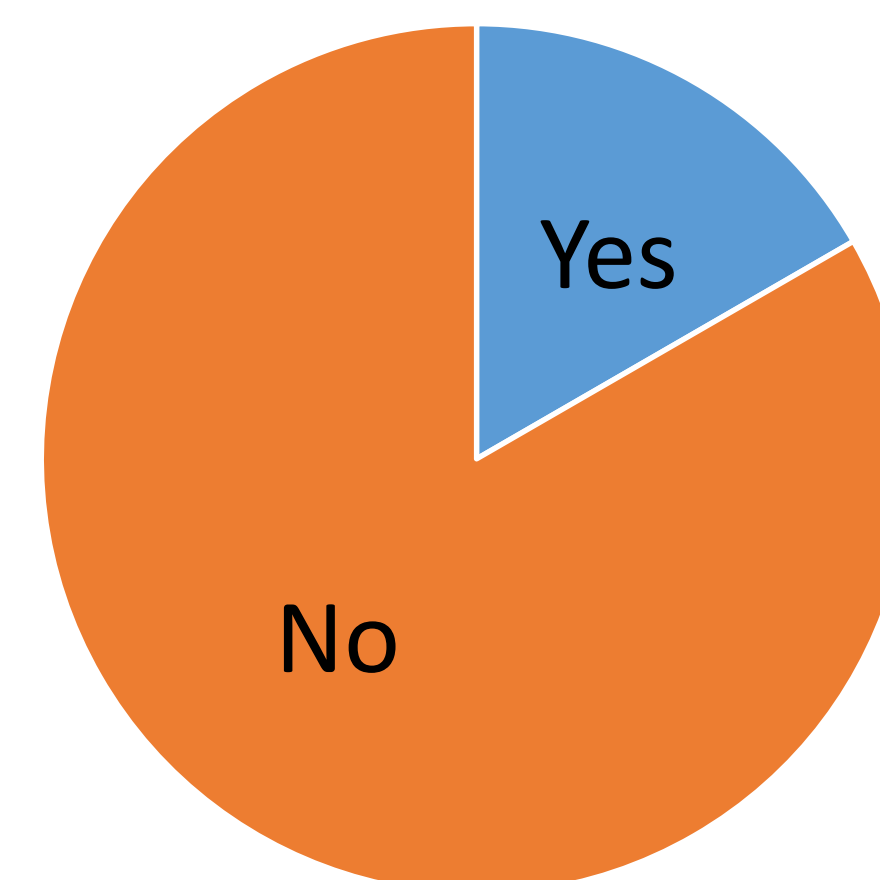
- Field Research and Interviews.
- Collecting data will be measured to previous years, and how many injuries took place without stretching. The results will be self-observed through being on a jobsite for an internship, and also accounted for by another group leader.
- The data will then be observed, and written down if everyone at the jobsite has performed the stretching task

## LITERATURE REVIEW

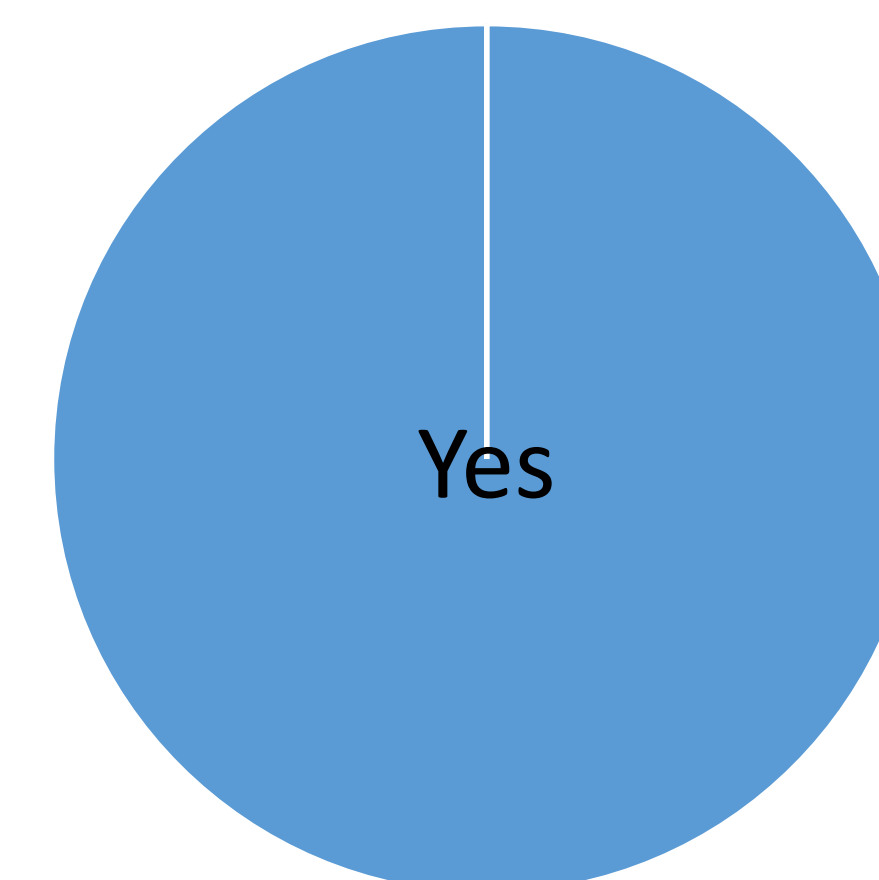
- Osha injury reporting
- Previous senior projects
- US Bureau of labor statistics



Do you think 15 minutes of stretching is beneficial?



Did the stretching increase mental awareness?



Do you plan to stretch now?



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