



Popular stretch and flex programs vary, but may have derivative safety benefits

If you've seen one construction worksite stretch and flex program ... you've seen one construction worksite stretch and flex program

Linda M. Goldenhar and Pete Stafford. Journal of Safety Research, December 2015.

Overview

Many construction companies have implemented daily stretch and flex programs intended to reduce the risk of work-related musculoskeletal disorders (WMSDs), despite a lack of evidence showing effectiveness. Researchers interviewed 19 safety and health professionals and surveyed 133 more to learn why employers continue to spend resources on the programs, how their programs vary, and what benefits they perceive from the programs.

Key Findings

- A majority (56%) of survey respondents reported having a stretch and flex program, but the programs varied in duration, frequency, and type of stretches. Many firms mandated attendance but not participation; nonetheless, they reported general participation.
- Cost was a factor when deciding to implement a program but not for sustaining one.
- Many firms with these programs have started conducting daily safety huddles for task and safety planning during the stretch and flex period.
- Those reporting a reduction in WMSDs agreed that it was not due to the stretch and flex program alone and that other benefits included increased worker camaraderie, communication, and collaboration

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See abstract:

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