



## Policy

Saskatoon & Area - Occupational Health & Safety

**Number:** 60-001-5

**Title:** TLR: Warm Up to Work

**Saskatchewan Employment Act:**

**OHS Regulation:** 6-18

**Date:** January 1, 2016

**Date Revised/Reaffirmed:** December 30, 2021

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### Purpose

- To assist in the reduction of musculoskeletal injuries in the workplace
- To decrease the severity of injuries, therefore decreasing the amount of lost time
- To increase the body's ability to accommodate to daily physical demands
- To create greater awareness of the body

### Roles and Responsibilities

Employer must ensure:

- Each worker is educated of the risks of developing musculoskeletal injury (MSI) and can identify the signs and symptoms of any MSI associated with the workers duties
- In consultation with the OHC must regularly review all activities that may cause or aggravate musculoskeletal injuries

Manager/Supervisor:

- Must ensure that roles and responsibilities of all workers are being met, as well as applicable legislation and/or standards
- Provide workers with the [warm up to work exercises](#) and encourage their workers to continue with the stretches on a regular basis

Workers:

- Some workers may not have the ability to perform some of the warm up to work exercises, the workers are encouraged to access appropriate practitioners to assist them in developing a set of alternative warm up to work exercises
- Workers should perform the warm up to work exercises prior to beginning work and after breaks, to assist in reduction of their risk of musculoskeletal injury

### Non-Compliance/Breach:

Non-compliance with this policy will result in a review of the incident. A review for non-compliance may result in disciplinary action, up to and including termination of employment or privileges; fines and /or prosecution of individuals under the Saskatchewan Employment Act and OHS Regulations.

## References

- Stretching Poster from Saskatchewan Association for Workplaces in Health: [http://www.saswh.ca/files/TLR/TLR%20Trainer%20Resources/Stretching\\_Only.pdf](http://www.saswh.ca/files/TLR/TLR%20Trainer%20Resources/Stretching_Only.pdf)

Review Dates:

January 1, 2017

June 7, 2018

December 30, 2021