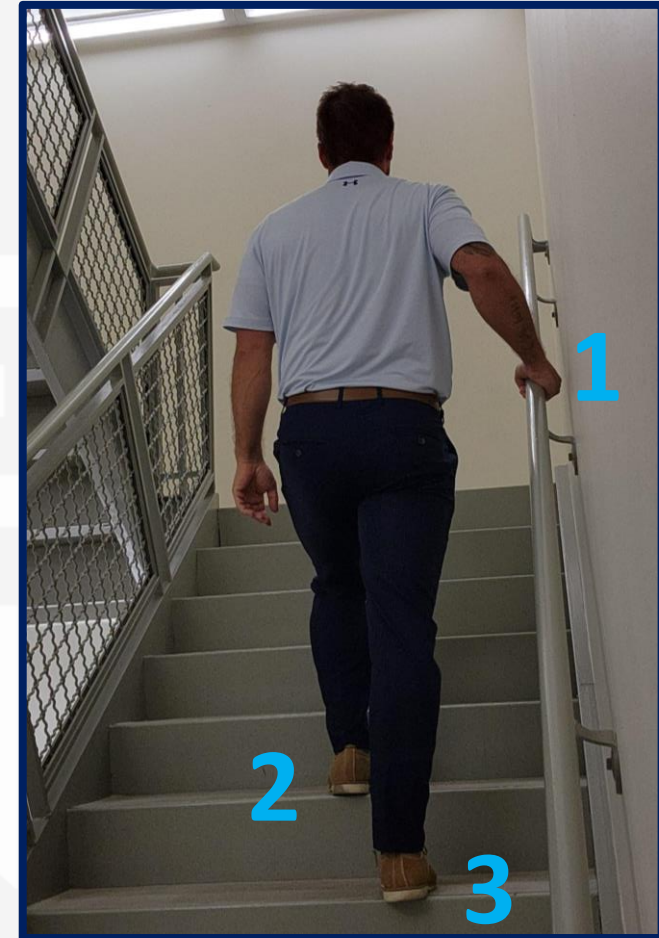


# “Lookouts”

from Loss Control

Don't be this guy!  
Maintain 3 Points of Contact!



Use the handrails and maintain 3 points of contact when going up or down stairs. This technique helps provide stability and support and can prevent falls if you misstep on the stairs! Use backpacks or over-the-shoulder bags to carry items and keep at least 1 hand free!

# “Lookouts”

from Loss Control



## Calf Stretch

1. Take one step forwards
2. Slightly bend front leg and keep back leg straight.
3. Back heel should stay on the floor.
4. Hold stretch for 20 seconds.
5. Switch sides and complete on the other leg.

### Things to remember:

- Don't stretch to the point of pain
- Don't bounce or force the stretch
- Use something stable close by to help balance
  - Breathe!
- Consult with a physician before starting any exercise program