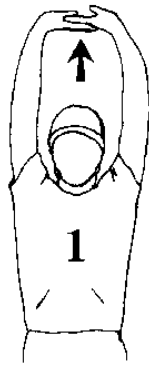




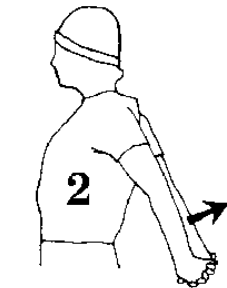
International Human Factors Consulting

Facteurs Humains International

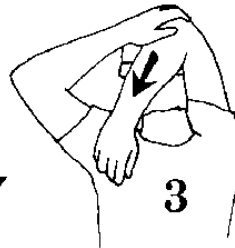
Étirements à chaque jour



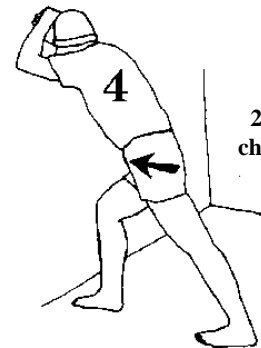
15 secondes



10 secondes



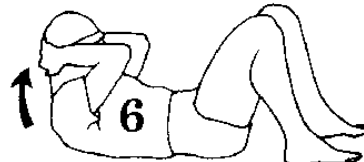
15 secondes
chaque bras



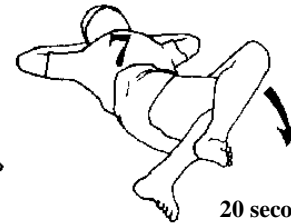
20 secondes
chaque jambes



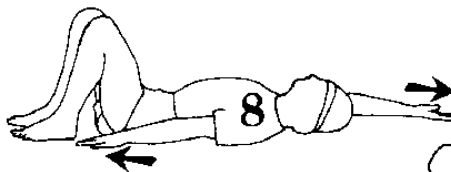
30 secondes



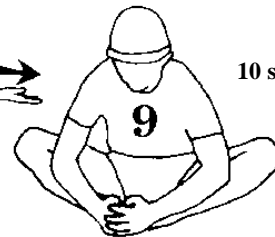
2 fois
15 secondes chaque



20 secondes
chaque cotés



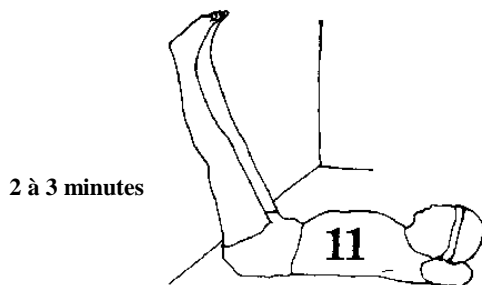
10 secondes



10 secondes



20 secondes
chaque jambes



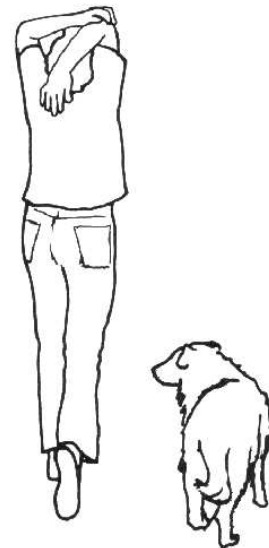
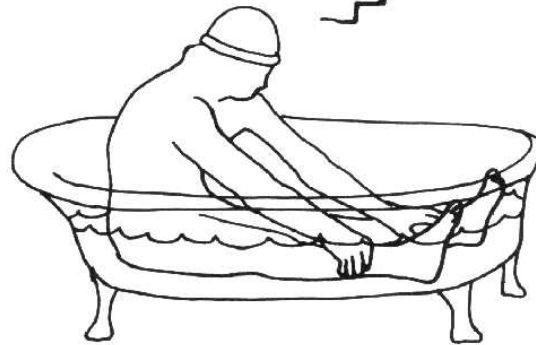
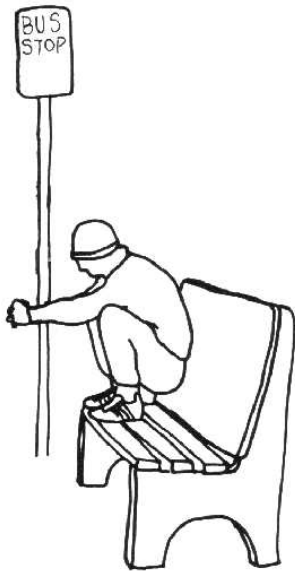
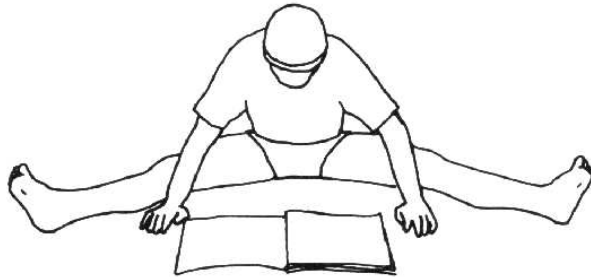
2 à 3 minutes



5 fois chaque
directions



Exercices spontanés



Étirements à faire au bureau:

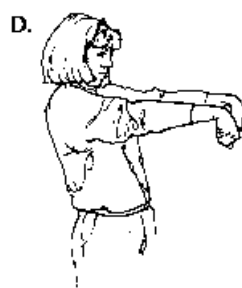
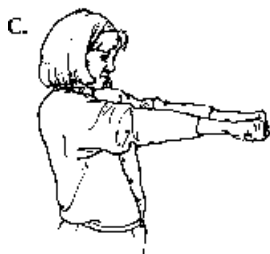
Assurez vous de garder votre dos droit et votre cou bien aligné (pas penché vers l'avant) pendant ces exercices.



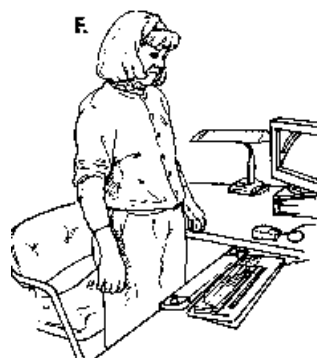
Exercices au début de chaque période de travail et durant les micropauses.



Gardez la position 5 secondes.



Gardez vos poings fermés. En gardant vos poings fermés, baissez les poignets. Tenez la position 5 secondes.



Relachez la position. Répétez l'exercice 10 fois, puis laissez tomber vos bras de chaque coté et secouez les quelques secondse. Temps total requis pour l'exercice: 5-10 minutes.

