



FLOORING  
TOP 10 TIPS

# REDUCING STRAINS AND SPRAINS

TEN TIPS FOR FLOORERS, FROM FLOORERS

**WORK  
SHOULD NOT  
HURT.**



The way you arrange your van is important



Have one or two trolleys in your van



Replace your knee pads each year

## WORK PREP

- 1** **Sharper tools make for lighter work** – it sounds silly but when was the last time you sharpened your tools? Decide how often you'll do this, then set a reminder on your phone so it doesn't fall by the wayside.
- 2** **The way you arrange your van is important.** Remember to arrange it with a low area at the back to get heavy equipment in and out.
- 3** **Have one or two trolleys in your van for moving things on site.**
- 4** **The way you arrange your equipment storage area is also important.** Organise your equipment storage area so that heavier items are free to move and close to the van.

## DOING THE MAHI

- 5** **Stretch, stretch, then stretch again!** Stretch your hamstrings out during the day.
- 6** **Reduce lifting as much as you can and find better ways to move things.** Figure out ways of moving heavier flooring equipment in and out of your van and around your site. Remember, every lift you save will save your back.
- 7** Because flooring work is all based on the ground, **the more tasks you can do in an upright position the better.** For example, carpet tiles can be cut while standing up instead of crouched over.
- 8** **Avoid carrying heavy rolls of materials on your shoulder where possible** – your shoulders will thank you for it.

## AFTER A LONG DAY'S WORK

- 9** After a long day on your knees, **take time to lie on your back with your knees up** when you get home.

## ANNUALLY

- 10** **Replace your knee pads each year to maximise protection.** When was the last time you changed yours? Write the date on the inside to remember when they were purchased.

