



PAINTING
TOP 10 TIPS

REDUCING STRAINS AND SPRAINS

TEN TIPS FOR PAINTERS, FROM PAINTERS

**WORK
SHOULD NOT
HURT.**



Keep upper arms below 90°



Use a trolley to keep your gear



Organise your vehicle



Use a variety of body positions

- 1** **Get closer to the task.** Reduce the need to work with your arms raised by using ladders, work platforms and scaffolding.
- 2** **Keep upper arms below 90 degrees.** When working overhead, keep moving so that you're positioned under where you're painting. Extending the painting pole or raising your work surface can also help.
- 3** **Take regular breaks.** Rest, stretch and straighten up regularly if you're working in awkward positions. You can also alternate hands as you move along when using a roller or sanding.
- 4** **Get work up off the ground.** Use a trolley, chair, portable bench or three step ladder to avoid working bent over.
- 5** **Use a trolley.** A trolley keeps your gear in one place, makes it easy to move and gives you a raised working surface, saving time and effort.
- 6** **Organise the back of your van or ute.** It saves time and effort when packing and unpacking.
- 7** **Stay hydrated while working.** Keep a water bottle in your trolley. Your pee should be light yellow!
- 8** **Consider giving up smoking.** Smoking contributes to back pain problems. Vaping may help you quit.
- 9** **Have good footwear.** That includes with boot inserts. You should change your footwear when it becomes wornout or after six to 12 months of continuous use.
- 10** **Mix up your positions.** If you're working down low, switch between kneeling and squatting positions. Consider wearing knee pads to make kneeling more comfortable.

