



ROOFING
RISK ALERT

GROUND LEVEL WORK – ROOFING

WORKING DOWN LOW IS KNOWN TO LEAD TO SPRAINS AND STRAINS.
HERE'S HOW YOU CAN PROTECT YOURSELF.

**WORK
SHOULD NOT
HURT.**



REDUCE STOOPED OR HUNCHED POSTURES



GET WORK UP OFF THE GROUND WHERE POSSIBLE



MIX UP YOUR POSITIONS THROUGHOUT THE DAY



BRIDGE OR BRACE YOURSELF TO PROTECT YOUR BACK

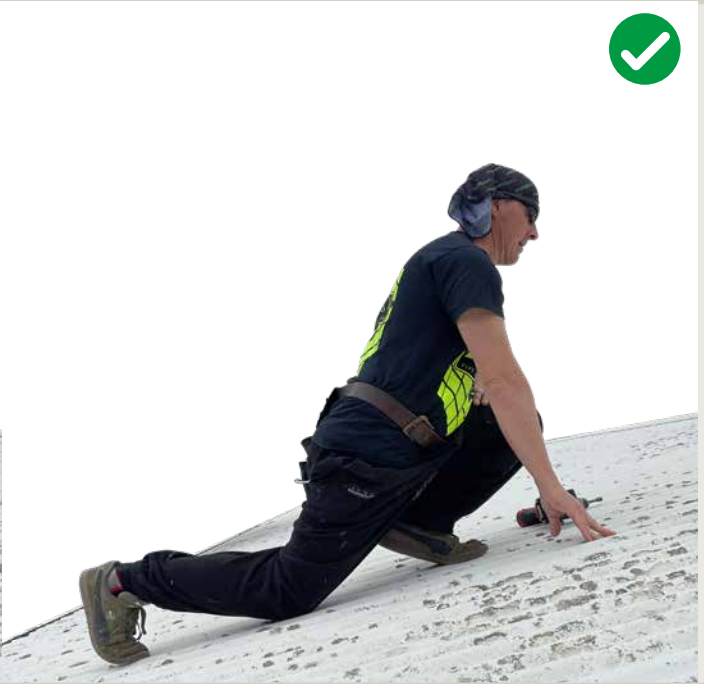
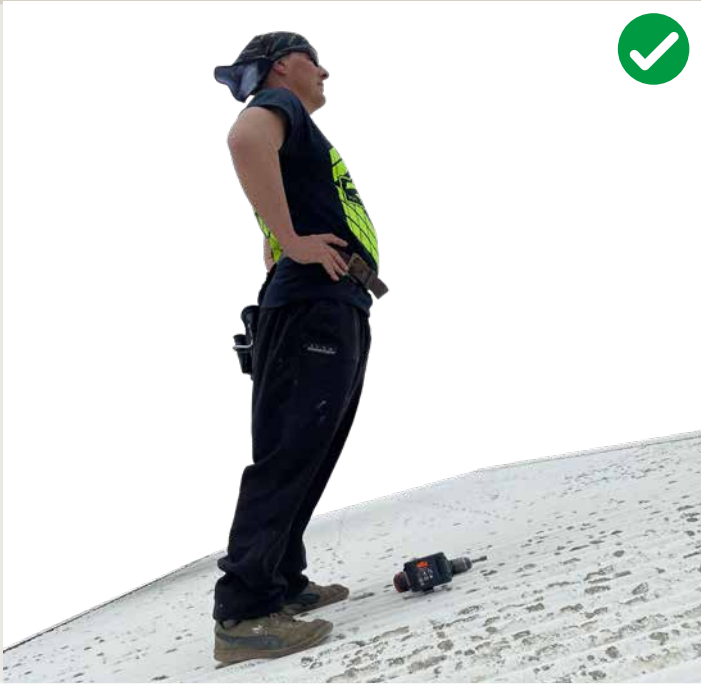




ROOFING
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**WORK
SHOULD NOT
HURT!**


REGULARLY STRETCH YOUR LOWER BACK AND LEGS THROUGHOUT THE DAY




**IDEAS FOR REDUCING HAZARDS WHEN WORKING AT
GROUND LEVEL**

- Rest often. Take a one minute break after 10 minutes of overhead work.
- Wear knee pads to give you the option of kneeling while working.
- Hamstrings and quad muscles need stretching and flexibility.
- The steeper the pitch, the less stooping required.
- Consider investing in good footwear.

LEGEND

 **GREEN** – No action needed if the posture isn't held for a long time or repeated too often and if aren't any signs of pain or discomfort. Keep checking in with how your body feels, especially if you've changed workplaces or the way you do things.

 **ORANGE** – Something needs to change immediately.

TRY USING LONGER DRIVES TO REDUCE BENDING

