



ROOFING
TOP 10 TIPS

REDUCING STRAINS AND SPRAINS

TEN TIPS FOR ROOFERS, FROM ROOFERS

**WORK
SHOULD NOT
HURT.**



Get work up off the ground



Vary body position



Lighten your toolbelt



Combat bending by stretching

- 1** **Avoid working in a stooped position** for long periods of time (eg, more than 10% of your shift). Use other kneeling and squatting positions to give you variety.
- 2** **Wear knee pads** to give you the option of kneeling while working. Pads protect your knees at the same time.
- 3** **Take regular breaks.** Especially if you need to work in stooped positions. Rest, stretch and straighten up. Keep your hamstrings flexible with stretches.
- 4** **Get work up of the ground wherever you can.** Use a table to store gear on, a step ladder or the back of the truck to raise your work surface and reduce the amount of bending you're doing throughout the day overall. This will help protect your lower back over your working career.
- 5** **Choose good tools** such as snips and consider using a normal drill instead of an impact drill for screwing down. Impact drills require ear protection and more stooping.
- 6** **Consider using long handled crow bars.** They keep you working in an upright position when stripping roofs.
- 7** **Lighten your tool belt.** Change the contents of your tool belt to match the task you're doing and keep your main supply of tools nearby. Distribute the weight on the belt evenly and consider using braces if it's heavy.
- 8** **Stay hydrated while working.** Keep a water supply in your toolkit. Your pee should be light yellow!
- 9** **Consider giving up smoking.** Smoking contributes to the development of back pain problems. Vaping may help you quit.
- 10** **Stretch.** To combat all that bending try frequent lumbar extension. You can do this by standing and arching backwards, or by leaning forward on a wall with your arms on the wall, then dropping your hips towards the wall.

