



PAPER HANGING
TOP 10 TIPS

REDUCING STRAINS AND SPRAINS

TEN TIPS FOR PAPER HANGING

**WORK
SHOULD NOT
HURT.**



Keep glue rag on shoulder



Check height of paste and cut table



Hang your tops first

WORK PREP

- 1** **The way you arrange your van or ute is important.** Arrange it with a low area at the back to get heavy equipment in and out. If you can store your ladder inside off the roof – you can save your shoulders lots of work over your career.

DOING THE MAHI

- 2** **Stretch, stretch, then stretch again!** Throughout the day, stretch the main muscles of your body, especially your arms and shoulder areas. Stretching keeps muscles flexible – we need flexibility to maintain a range of motion.

- 3** **Reduce lifting and bending.** You can do this by getting your work up off the ground – use a table, portable bench, or three step ladder to avoid working bent over. This will save your back in the long run!

- 4** **Arrange your paste and cut table to a good height.** To get a good height – use your height divided by 2 + 5cm. For example: 160cm/2 + 5 = 85cm.

- 5** Get yourself a **light weight (heavy fabric) apron** for holding most of your main tools

- 6** Consider **keeping your glue rag on your shoulder** instead of in a bucket on the ground – this reduces bending and stooping.

- 7** **Apply glue to walls directly** – it can be easier than applying it to the paper (where manufacturer's instructions advise their paper is suitable for paste on the wall).

- 8** Where possible – **position yourself higher** so your hands are not above head level for long periods. This protects your shoulders from wear and tear.

- 9** On longer wall runs (for example 3-4 drops), **hang your tops first**, then fix the middle, and finally the lower parts last. This method is less demanding and a lot more efficient.

ANNUALLY

- 10** When choosing footwear, go for the lightest but safest shoe. Try inserts if you need to make them more comfortable and **change your shoes every year** or once they become worn out.

