



Mind Your Posture: DIY

Don't bite off more than you can chew!

We are a nation of DIY enthusiasts; we rush to get to grips with our latest home improvement project at every opportunity. Inevitably, there will be DIY disasters; injuries that could have been avoided. Here are some helpful tips for DIY enthusiasts from the British Chiropractic Association.

Reach for the sky

- When painting a ceiling, think about how to get the largest amount of paint on the ceiling in the shortest space of time.
- Use a large paint pad or a roller with an extended handle (hold it at chest height.)
- Keep your head in as neutral position as possible and keep facing forward; don't over stretch your neck.
- If you can lie down to do the job using a platform, do!

Don't twist again

- If you need to use a ladder, make sure you are always facing it and move the ladder regularly, rather than leaning to reach your goal.
- Always keep your shoulders, hips and knees pointing in the same direction

Treat DIY like normal exercise

- Warm up and warm down to lessen the chance of muscle strains.

Dress appropriately

- Don't wear tight, constricting clothes – be comfortable and make sure your clothing has plenty of room to give with your movement.

Take a break

- Vary your activity and try to spend no more than 20-30 minutes on any one thing. If painting, you can still take short breaks without causing a problem. It is important to take breaks to avoid being in the same position for too long.

Plan ahead

- If you are planning a trip to the local DIY store to purchase heavy items like cement, buy smaller bags rather than one big bag. Smaller items are easier and safer to carry.
- If you do buy heavy items, use a trolley and, if on your own, ask an assistant at the store to help you.
- Don't lift with your arms straight out, keep the elbows bent and to your side to minimise the stress on your back.
- If having items delivered, have them unloaded as close to where you need them as possible; this will save the effort of moving them again.

Further information about chiropractic can be obtained by logging on to www.chiropractic-uk.co.uk

For further information contact the
British Chiropractic Association on 0118 950 5950

Scan here to view a short video on the subject.

Or go to bit.ly/posturediy

