

How to Exercise Right at Work

CONSTRUCTION, TRADES & SERVICES

Construction workers, labourers, landscapers and other Tradies (or Tradespeople) all come with a variety of different skillsets, but one thing they all have in common is their need for a well-functioning, healthy body to complete their work.



+ COMMON HEALTH RISKS FOR TRADIES

LOWER BACK PAIN

Lower back pain is the most common complaint among tradies and service workers, followed closely by shoulder, neck, knee and ankle injuries.

LONG WORKING HOURS

Evidence has shown workers that averaged three to four hours of overtime a day were around 1.5 to 2 times more likely to develop certain chronic diseases.

PSYCHOLOGICAL STRESS

There is also the psychological stress of finding the next job with the prevalence of contractors and subcontractors in a highly competitive market.

These ailments and injuries can have a devastating impact on a person's career, finances and family life, but some simple workplace exercises could help ease pain and reduce the number of tradies injured on the job.

? WHY IS EXERCISE SO IMPORTANT?

You protect and maintain your tools, so it's important to do the same when it comes to your body. Regular exercise is integral to Tradies for keeping your health and body in tip top shape.

The benefits of the right exercise include:

- Increase muscular endurance (ability for the muscles to resist fatigue)

- Increase aerobic and functional capacity to complete daily tasks
- Reduce the likelihood of injury (i.e. lower back pain/disc)

Completing a number of low back stretches, incorporating aerobic exercise and strength training, will assist in decreasing pain and injury reoccurrence. The appropriate exercises will assist increasing strength of the supportive structures (muscles) to enhance your functional capacity at work.



EXERCISE RIGHT RECOMMENDS

EXERCISE AFTER WORK

Tradies and construction workers are often up early, and knock off early. As such it might not be possible to fit in exercise before you work day. Try scheduling your workout directly after work, to prevent any sleep interference later in the evening.

TOP 4 TIPS FOR TRADIES

1. Low weight bearing exercises like swimming can also help tradies cope with the physical and mental demands of their job.
2. Don't ignore the pain, consult an allied health professional.
3. Make exercise, particularly stretching, part of your daily routine.
4. Do gentle stretches to warm up and cool down.