



TAKING CARE OF YOUR BODY AS A ROOFER

Roofing is tough work!

To do it well, you must take care of your body.

Think of roofing like an **extreme sport**, where you are an athlete of this trade. Making your body a key asset. If you don't respect your body, it will catch up to you. Follow these steps every day to stay strong, safe, and productive.



1

Cover Your Body/Sun Protection

- Wear a long-sleeve shirt to protect your skin.
- Put on a wide-brim hat, sunglasses, and a neck cover/gaiter if needed.



- Apply sunscreen as needed on your face, neck, ears, and hands if being left exposed. Apply every 2 hours.



Neck Gaiter for outdoor protection

Covering up is the best in sun protection. When covering up isn't an option sunscreen is helpful for areas you cant cover up fully for additional protection.

2

Stay Hydrated

- Drink water all day, not just when you feel thirsty.
- Add electrolytes mixes (like Liquid IV, or salt/potassium mixes) to replace sweat. Drinks like Gatorade work but have a lot of sugar so are not ideal.
- Take sips throughout the day every 15-20 minutes.



3

Eat Smart

- Eat balanced meals with protein, fruits, and vegetables.
- Keep snacks like bananas, nuts, or granola bars for quick energy.
- Avoid too much soda or junk food.



4

Protect Your Joints

- Wear knee pads when knelt down for long periods to save your knees.
- Use comfortable footwear with good support and protective toes. No open toed shoes. or soft sole sneakers.
- Do stretches before work to stay loose and prevent injury.



Knee Pads for long periods of shingling/welding

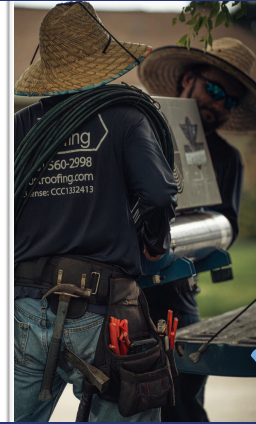
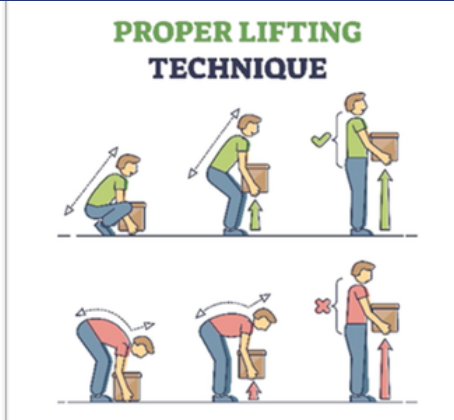


Shoes with good support and solid toe protection

5

Lift the Right Way

- Bend your knees, not your back.
- Use both hands when picking up heavy items.
- Team lift when something is too heavy.



6

Pace Yourself

- Don't try to do everything at once, no "3 bundles up the ladder".
- Work at a steady, even speed throughout the day, the most steady consistent guys get the most done. You should be able to work as consistently the second half of the day as the first half. Roofing is very much an endurance sport more than speed.

Team lift heavier items

Think Like An Athlete

- Roofing is like a sport: it takes strength, skill, endurance, and constant work on improving your craft.
- The best roofers protect their bodies so they can perform day after day.
- Take pride in your health, it is very important as a roofer.
- A roofer who takes care of their body can roof for many years without injury, stay safe, and master the craft.



Taking Care of Your Body As a Roofer

Scan Code for Video