



## Balanced tool belts can start your back off in the right position

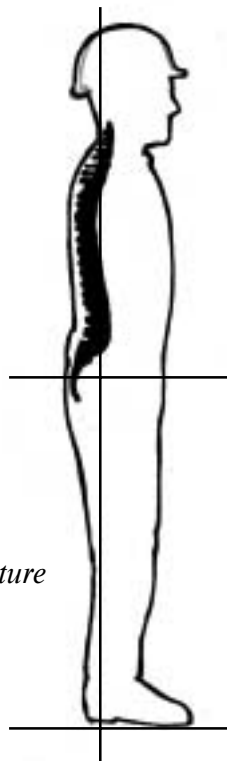
### An unbalanced tool belt is a pain in the back

Good standing posture means keeping your body in a straight line from the top of your head through the centre of your body to the bottom of your feet. A tool belt can alter that alignment and cause back pain.

For convenience, you might place tools on one side of your tool belt for easy access by your dominant hand. As a result, your tool belt becomes significantly heavier on one side compared to the other. This can pull your back out of alignment. Continual use of an unbalanced tool belt can cause the muscles on one side of your back to work harder. This is a common cause of back pain.

The average tool belt weighs 5 to 8 kg (15 to 20 lb.). If the weight of your tools is unbalanced on your tool belt, your spine is loaded in an awkward manner even before you start to bend, reach, or lift.

Your back takes enough stress on the construction site. Why add to that stress when you strap on your tool belt at the beginning of the day?



*Good posture*

### Tool belt tips for reducing the risk of back pain

- Balance your tool belt — if your tools are heavier on one side, fill the other side with materials, such as nails, bolts, or other tools, that will balance the load.
- Use broad-shouldered suspenders that allow the muscles in your upper back and shoulders to bear some of the tool belt load.
- Minimize what you carry in your tool belt — evaluate what you carry. Store infrequently used items elsewhere, or use them to balance your tool belt.
- During breaks, remove your tool belt to relieve your back of the load.

Following these tips allows your spine to maintain good posture while supporting your tools.



*Balanced tool belt*