



Groomapedia
by BOTANY BAY IMPORTS EXPORTS

Standing all day, Ergonomics, Tip and Tricks for your working day.

BY VANESSA PARSONS IMG



Standing is a natural human posture. However, working in a standing position on a regular basis over hours can cause some adverse effects on our bodies. Prolonged standing can cause

- Plantar fasciitis
- High blood pressure
- Knee or hip arthritis
- Bunions
- Chronic heart and circulatory disorders
- Poor posture (and its effects)
- Knee problems
- Stretched Achilles tendon (tendonitis)
- Joint damage
- Stiffness in the neck and shoulders
- Shoulder pain
- Musculoskeletal disorders
- Sore feet
- Swelling of the legs & feet
- Varicose veins
- General muscular fatigue
- General back pain

These conditions can lead to further issues later on down the track, therefore prevention is better than cure. To help the fatigue on your body there are important procedures that you can add to your work place and do throughout the day to help take the strain off your body.

Ergonomics is important when it comes to grooming dogs and standing and doing repetitive movements.





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Here are some tips to help you throughout your day to increase your longevity in business.

1. Varied table heights

Try adjusting your table throughout the day to different heights, if you have a hydraulic or electric table that's perfect, if your table is positioned permanently consider a second table that can be moved up or down.

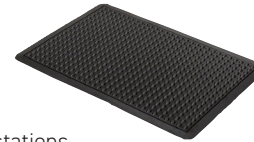
2. Sitting during the grooming process

Even for 10 minutes per dog to give your body a different position and to change the position also of where your arms and shoulders are. There are great grooming stools available; I recommend contact your grooming wholesaler or browsing at a wholesale hairdressing website to check out the varying chairs available. EBay is also another site to find a grooming chair. These chairs are generally on wheels and are adjustable up and down to suit the height of your grooming table also.



3. Anti-fatigue mats are a must

Have an anti-fatigue mat at each of your stations including your bathing area, drying area, telephone area and grooming area. Speak to your grooming wholesaler regarding these mats, otherwise try Bunnings. https://www.bunnings.com.au/bayliss-60-x-90cm-dome-anti-fatigue-mat_p4490453



4. Stretching throughout your day

Take 5 minutes out whenever you can to give yourself some safe stretching exercises there are numerous stretching techniques that are available on the net or ask your physio or chiropractor. This also helps to increase blood flow and can give you a little skip in your step for the rest of the day. Try a little yoga off the internet in the mornings before work if you have the time too. I personally have a rubber roller that I use, or roll a couple of towels, I also purchased a cheap yoga matt from Kmart and keep it in the salon, I pop that on the floor during the day and use my roller to lie on and stretch out my back. The figure 8 hip rotations is also a great one and will have your clients and staff amused 😊





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5. Good shoes!

Purchasing the correct footwear is a must to help you throughout your day. Investing in a decent pair of shoes can prevent so many injuries long term. Although shoes can be expensive they are an imperative part of our job to have your feet happy. I always say I wouldn't put bald cheap tires on my car so why would I put cheap shoes on my feet. From a personal point of view when I first started grooming I wore cheap shoes with no arches or support as I had no problems, but as the years went on I started to have issues, first was Plantar fasciitis which in itself is very painful and ongoing which lead to knee, hip and back issues. So I highly recommend going to a shoe shop that may have an in-house podiatrist or a good sports shoe shop as they also have free machines that can show where you put pressure on your feet and can recommend the right shoe for you. Inserts are available for shoes at all chemists also.

6. Don't groom whilst on your phone.

I know we are all so busy and at times have to keep working whilst taking a family call or long client call, don't crick your neck to support the phone while grooming. You will strain the muscles in your neck and shoulder for angling your neck in that position for even a few minutes, it's not a natural way to stand and you may find yourself with a sore neck the next day and unsure why. It can also be dangerous whilst trying to groom a dog. If you have a landline phone, do yourself a favour and invest in a phone that can either take a blue tooth headset, or a phone that can take a jack that supports head phones, places like office works normally have landline phones that will support head phones. The same goes for mobile phones, there are so many cheap blue tooth headset devices available for phones these days there is no excuses. Otherwise pop it on speaker if you must continue to work.



7. Compression socks

Compression socks or tights are available also. Compression socks are well known among people suffering from leg or foot problems they have benefits for so many including active individuals and those who stand on their feet all day.

8. Lumbar support

Lumbar support belts can aid in posture and provide support for your entire body. A lumbar support belt can also help when muscles begin to fatigue.



9. Massage

Set aside a few dollars every week for a half an hour massage because you deserve it! Check your private health cover if you have it as most cover an amount each year for "remedial" massage in your extras. If you don't have private health cover shop around for a local masseuse as there are plenty around that are reasonably priced.

10. Stay hydrated

Drinking plenty of water throughout the day is beneficial (this doesn't include the water in your coffee or tea lol) Water will aid in not only thirst amongst lots of benefits but will help with energy levels as it delivers oxygen throughout the body as blood is more than 90 percent water, and blood carries oxygen to different parts of the body. It helps maintain blood pressure as lack of water can cause blood to become thicker, increasing blood pressure, there is suggestion that staying hydrated can also regulate body temperature



**Stay well fellow groomers
and look after yourself,
your important**

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