



The Police Treatment Centres

A Force for Promoting & Improving Health & Wellbeing

How to look after yourself when wearing Body Armour



LOADING EQUALLY

- Try to ensure that you equally load your kit onto your body armour. This will help to prevent asymmetrical loading on your spine, shoulders and pelvis, and doing so may help to reduce the risk of developing an overload injury.
- Regularly change your body position to keep comfortable.
- Remove your body armour when it is safe to do so, during meal breaks etc to give you regular rests from the armour.

POOR FITTING

- Should you loose or gain weight, make sure you get your body armour refitted!
- If it isn't snug, you will have to work harder to move in it during your shift.
- If it feels restrictive, you may struggle to run and deal with frontline incidents with ease.

KEEP ACTIVE!

- As a Police Officer, you should try to keep yourself fit and healthy; consider maintaining a healthy weight, a healthy balanced diet, hydration and regular exercise.
- Regular exercise is a good way to encourage strength, flexibility and improve body awareness and balance.

UNIFORM WEIGHT (Without Kit)



80kg

An Average
Officer



+
2-3kg
3.75%

Routine Patrol
Body Armour



+
6-7kg
8.75%

Firearms
Body Armour

Find examples
of exercises
and advice on
our website.

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