



# The Police Treatment Centres

A Force for Promoting & Improving Health & Wellbeing



## How to look after yourself when wearing Body Armour

Your body armour is designed to protect you from harm but it can be a little heavy and bulky; for example, you can add up to 4kg for routine patrol armour and 7kg for a firearms ballistic armour. Wearing this all day can be demanding for your body and as such you can expect a few aches and pains at the end of the day, and it is important to remember this is entirely **NORMAL**.

One of the most important things to remember is make sure your body armour fits you properly as this will make it more comfortable to wear.

Some useful tips for wearing body armour are;

- Load your kit equally on your body armour and stand with weight even distributed between your feet.
- Try not to stand with your hands resting in the front of your body armour.
- Try and adjust your posture (in sitting or standing) every 20mins if possible.
- When you are standing try to stand to your full height.
- If you lose or gain significant amounts of weight you should have the armour checked for its fit.

Completing regular exercise can ensure you are fit to perform your daily role and ensure your body has the resilience it needs for the demands of being a Police Officer - remember you need to be fit the whole year not just for your fitness test.

Exercise can take many forms be that going to the gym, running, pilates or yoga to name but a few. It is however suggested that given the demands of the job you do some form of resistance type exercises about twice a week. Again, this does not have to be complicated but will help reduce the fatigue of wearing your body armour all day.

For more bespoke advice about any injuries or issues, apply to the Police Treatment Centres for class-leading Residential or Remote Physiotherapy.

### 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.

✉ [enquiries@thepolicetreatmentcentres.org](mailto:enquiries@thepolicetreatmentcentres.org)

☎ 01423 504448 or 01764 664369

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