



# FLINT HOUSE

POLICE REHABILITATION CENTRE

Tel: 01491 874499  
[www.flinthouse.co.uk](http://www.flinthouse.co.uk)

## Tips on Managing the Physical Nature of Police Work



Photograph courtesy of MET Police Federation

We realise the job of a police officer can often be physically demanding. How do you ensure you are both physically fit and strong enough to cope with it?

Flint House can help with this.



Photographs courtesy of Julia's Images

# Are you really 'fit for purpose'?

Work situations such as jumping over obstacles or unexpected confrontation can be physically demanding. A firearms officer could be carrying kit weighing as much as 32kg, which is the equivalent to an average 10 year old child.

Your fitness test may change to reflect this, and its requirements may be very different to your actual job demands. Would you be able to pass the safety training, tactical training, bleep test and rope hang required?

## Fitness is for life, not just approaching your fitness test!

A regular exercise plan can help maintain your fitness and job performance. It is helpful if you find a form of exercise you enjoy. It doesn't always need to be in a gym – dancing, cycling or walking are examples of activities that still work your heart, lungs and muscles.

However, it is important to do resistance training at least twice a week to keep muscles strong and help you cope with the physical nature of your work.

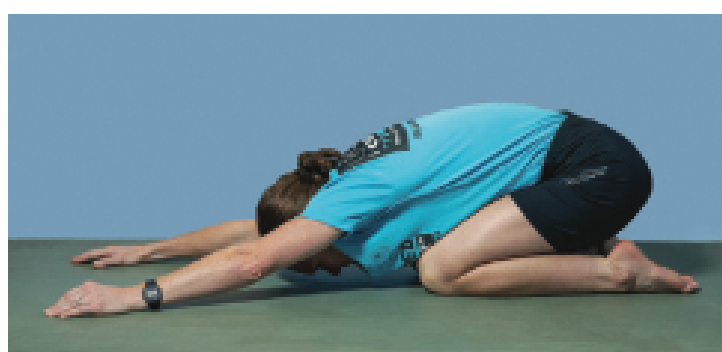
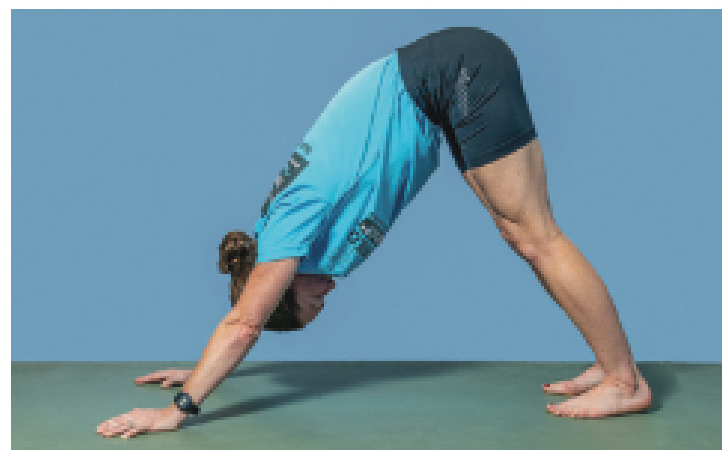
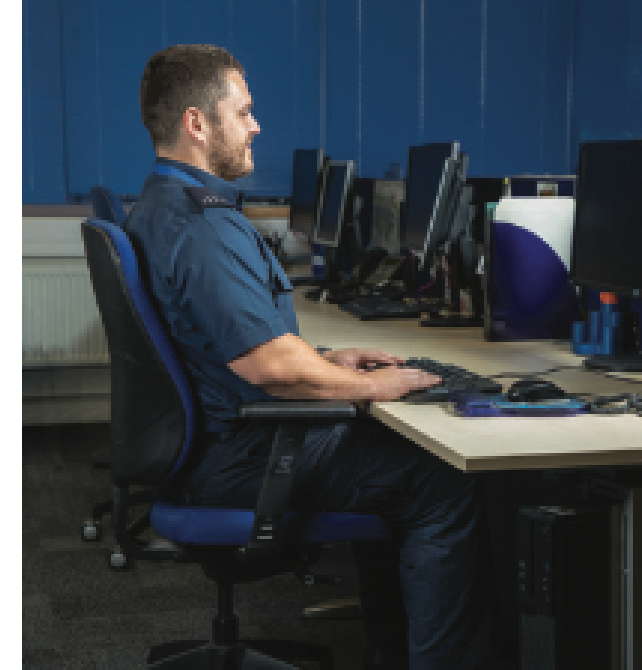
Try to 'Buddy Up' to exercise, it can be more fun and help motivate you!

Dancing, cycling or walking are examples of activities that still work your heart, lungs and muscles

# Here are some tips...

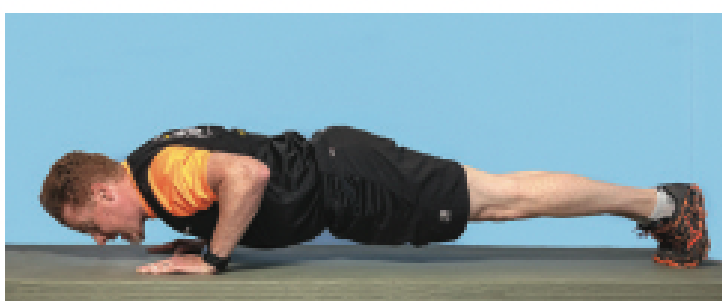
## To improve your posture:

- Aim to not stay in one position for longer than 30 minutes
- Sit or stand to your full height
- If standing, ensure your weight is distributed evenly over your whole foot and equally between both feet
- Don't stand with your hands resting in the top of your body armour
- Distribute your kit as evenly as possible



## To improve flexibility:

- Everyone has different levels of flexibility and maintaining full and free movement is important
- A gentle warm-up to raise body temperature, with movement similar to the activity that follows is important. Also known as dynamic stretches
- Static stretches are more effective after exercise and should be held for at least 20 seconds
- Stay hydrated



## To strengthen muscles:

- Warm-up properly
- Get guidance regarding technique
- Progress your weights slowly, lifting only what you can manage
- Make sure your programme works all muscle groups
- Cool-down well

It's not all about the beach weights! Don't forget that if you've had some time off you will need to lower the weight and build back up gradually.

# Mental Health and Injury Prevention

- Are you aware of the link between mental stress and physical injury?
- Injury of any type is the inability of our body to tolerate either physical or mental stress.
- Mental stressors affect fatigue by not allowing our nervous system to calm down, and fatigue can make us more prone to injury
- De-stressing activities can help to reduce injury risk and improve performance
- Find out what works for you and how it can be fitted into your life

## Try to Develop Good Sleeping Patterns

- Have a routine to wind down before going to bed
- Make sure your bed is as comfortable as possible and noise, light and temperature are controlled
- Avoid caffeine at least 6 hours before you go to sleep
- Try not to use electronic devices in the hour before bed
- Don't drink alcohol close to bedtime



## If you do get an Injury

- Don't ignore it
- Seek advice from a healthcare professional
- An x-ray or a scan is not always required
- Intensive rehabilitation can be very effective
- Ensure you are signed up to Flint House, you can now do this via our website



# #HelpAndHeal

**The Police Rehabilitation Centre,  
Flint House,  
Reading Road,  
Goring-on-Thames,  
Oxon, RG8 0LL  
Tel: 01491 874499  
[www.flinthouse.co.uk](http://www.flinthouse.co.uk)**

