

ULTRA ACCESS

Official Company Endorsement

ScaffStrong - and how physical health is imperative for scaffolders

ScaffStrong is a specialised fitness and wellness brand created specifically for scaffolders and those working within the **British Scaffolding Industry**.

It has since expanded to support other UK Construction Sector tradespeople whose roles involve the similarly intense physical demands day after day, as scaffolders usually have.

The company offers generic, as well as personalised / custom-tailored exercise and nutrition plans, along with high-quality supplements, targeted injury prevention strategies, and convenient mobile-app-based warm-up routines - all designed to tackle the common muscular-skeletal issues that plague the industry, such as longterm elbow, wrist, arm, and shoulder damage, among others.

Their focus is on building better mobility, core-strength, and injury recovery, empowering scaffolders (and others within construction) to stay physically strong, helping to work more safely, and help create a sustainable career for those in the industry long past their 40's.



Scaffolders face one of the most physically demanding jobs in UK Construction, so making proactive physical health management decisions is essential for long-term wellbeing and career sustainability.

The role involves constant heavy manual handling - lifting, carrying, and positioning Tubes, Fittings, Boards, and other components that can weigh upwards of 25kg's, often handled in awkward positions and with bad posture.

This could lead to serious longterm (and often irreversible, unless through surgery) muscular-skeletal damage for the scaffolders.

Repetitive overhead reaching, twisting, bending, and kneeling dramatically increases the risk of **Muscular-Skeletal Disorders (MSDs)**, including rotator cuff issues, tendonitis, epicondylitis (tennis/"scaffolders" elbow), back strains, and hernias.

The UK's **Health and Safety Executive (HSE)** data highlights construction's high MSD burden, with hundreds of thousands of workers suffering work-related muscular-skeletal issues annually.

The most prominent injuries reported for scaffolding operatives are shoulder, elbow, and arm pain due to prolonged awkward postures.

These cumulative stresses lead to chronic pain, reduced mobility, fatigue, and ultimately lost working days with millions of £ lost industry-wide each year.

ScaffStrong leads the way in helping scaffolders and offering them a real chance to manage their physical wellness, both with generically and custom-designed plans and schedules.

Most scaffolders approaching their late 30's / early 40's, if they have been in the industry since they were teenagers would almost certainly be "feeling" the daily wear and tear now, so **ULTRA ACCESS** - who ourselves also suffer would highly recommend giving **ScaffStrong** a chance to transform ones wellness and increase their industry career sustainability.

In short: Take care of your bodies, and you can increase your lifetime earning potential as a scaffolder.

ULTRA ACCESS
Scaffold Technical Support

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