

BINDER SCHEME

Binder safety information

Chest binders are purpose-made for long-term chest binding, and is safe if used correctly. Follow the following points to ensure you stay safe while binding:

- ⚠ When first binding, **listen to your body**. You may need to bind for shorter times to begin with, while you adjust to the feeling of wearing your binder.
- 🛌 **Do not sleep** while wearing your binder.
- 🕒 Where possible, **limit the amount of time** you wear the binder for, and do not bind for over 8 hours a day. Take breaks, if you are able. If you are unsure about how long you can wear your binder at any given time, it is best to err on the side of caution.
- 🏃 **Avoid strenuous sport & exercise** while wearing a binder. Where possible, use a less tight method of binding - a larger sized binder, or sports bra, are great alternatives while exercising.
- 👉 If you have asthma and/or other respiratory conditions, **take extra care** while binding.

If, at any point, you feel sick, light-headed, dizzy, or out of breath, remove your binder as soon as possible. Ask for advice if you need to! (contact details at bottom of page)

With responsible use and good care, this binder may last you many years with no significant impacts on your physical health.

Binder care information

Please observe the following few guidelines for caring for your binder.

Wash your binder regularly in cold water, avoiding harsh cleaning substances.
Hand washing works best - but if machine washing, use a gentle cycle.
Do not use bleach.
Dry flat - do not wring.
If tumble drying, do so on a low heat setting.
Do not iron.

How to put on your binder

Hold both straps of the binder and step into it. Pull the binder up to chest level and slide your arms through the armholes. Adjust for comfort.

If you have difficulty with this method, you can also put on your binder like a tank top, over your head.

It is easiest to put on your binder when both your skin and binder are dry - attempting to do so immediately after a bath or shower, or without letting your binder dry completely, will be much more difficult.

Observe how your body reacts to the binder and try to ensure you wear it responsibly.

Binder issues

If your binder needs repairs, if it becomes unusable, or is of an incorrect size, please get in touch with us to sort out a replacement. If you no longer need your binder, and it is in good condition, please give it to a friend, or consider donating it to our scheme so we can give it to another person.