

**Bind
safe.**

GENERAL TIPS ON BINDING

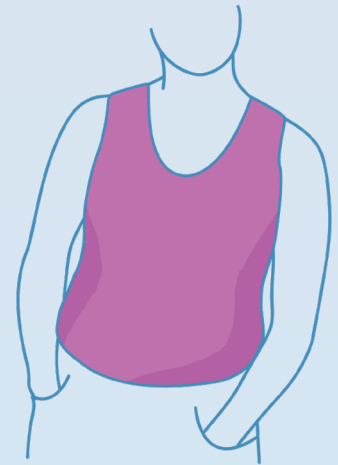


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CHEST BINDING & TYPES OF BINDERS

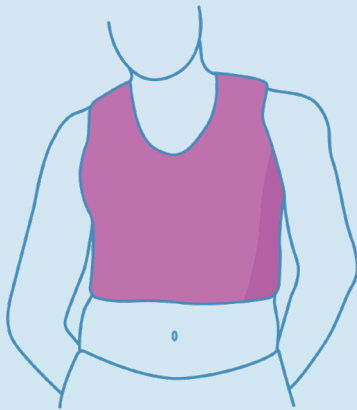
Definition: *Chest binding (compressing the breast tissue to give the appearance of a flat chest) is common among people who do not want their chest to look feminine. Binders are the safest way to do so, if used properly.*

- Binders can come in half or full length sizes.
- Binders are often also offered with zippers, Velcro, and clasps, which can be helpful for folks with different mobility restrictions.



FULL LENGTH BINDERS

- Full length binders are considered compression tank tops and can help compress your chest as well as your stomach. They offer more support from your shoulders, which can be beneficial if you are larger chested.

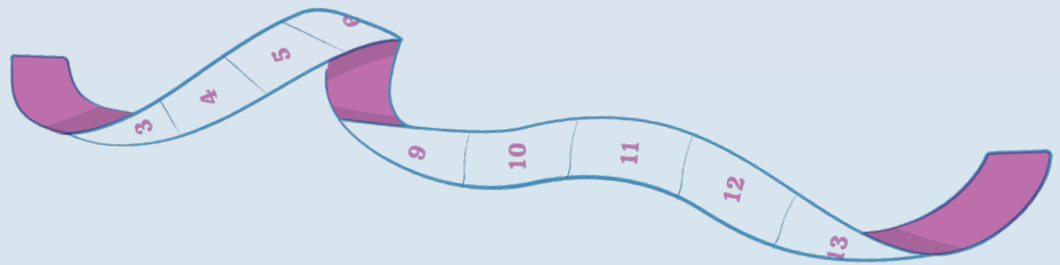


HALF LENGTH BINDERS

- Half length binders (often referred to as a “tri-top binders”) are often more breathable/comfortable in warm weather.

BINDER BRANDS

- Binder brands such as [Underworks](#) and [GC2B](#) offer prices that range between \$25.00-\$65.00 USD, and offer various style, colour, and compression options.
- Low & no cost options are available as well, from organizations such as [Point of Pride](#).
- For a more complete list of various binder companies and organizations, visit the [Fenway Health Binding Resource Guide](#).



HOW TO MEASURE YOURSELF FOR A BINDER

- Take a snug measurement of the fullest part of your chest.
- Measure underneath your chest, where the crease is.
- Add those two measurements together and divide the sum by two and that is your binder size.
- Make sure to double check and follow instructions provided by the brand of your binder, as some brands may require a different method of measurement for sizing.

GENERAL SAFE BINDING TIPS

- 👍 Pay attention to your body. You should always be able to breathe comfortably while wearing your binder. If it starts to hurt when you take a deep breath, or if it feels too tight, take the binder off immediately.
- 👍 Only bind for 8-12 hours at a time maximum and never sleep in your binder.
- 👍 Take break days from your binder every couple of days. Wearing a sports bra or layering shirts can be a good alternative.
- 👍 Wear a sports bra instead of a binder when doing physical activity. A binder isn't built to move with your body, so it could cause harm when worn during extreme physical activity.
- 👍 Fun tip, you CAN swim in your binder!
- 👍 Wash your binder regularly and follow the cleaning care instructions provided by the manufacturer.
- 👍 Do not wear a binder that is too small for you, as this can cause injury, and won't function as well as a binder that is the right size for you. Refer to the recommended size guides provided by binder companies. Each company is going to be a little different, so make sure that you read them carefully.
- 👍 After removing your binder, make sure to stretch out your arms, shoulders, chest, and back to loosen any tightness, and be sure to take a few deep breaths and cough to clear out any possible fluid build-up in your lungs.



SIGNS YOU MAY NEED TO TAKE A BREAK FROM BINDING

Chest pains/ difficulty breathing.

Skin rash, irritation, sores.

Numbness, tingling.

Back pain, soreness.

Overheating; dehydration.

We created Bind Safe to be a hub of binding-related information and resources with the goal of both combating the stigma around binding, and increasing the accessibility of binding-related information and tips for best practices for folks to bind safely.

To that end, the material included on this PDF does not constitute medical or other professional advice, or opinion. All information, including text, graphics, images, videos and any other material, including any links to such materials, are provided for informational and educational purposes only and are not intended to substitute for professional medical advice, diagnosis or treatment. Always seek the advice of a physician or other qualified healthcare provider with any questions regarding a medical condition. Never disregard or delay seeking professional medical advice or treatment because of something you have seen or read on this PDF.

REFERENCES

- “Binding Resource Guide” from Fenway Health
https://fenwayhealth.org/wp-content/uploads/Binding_Resource_Guide.pdf
- “Tips to bind your chest safely” from Point 5 CC
<http://point5cc.com/binding-101-tips-to-bind-your-chest-safely/>
- “Chest-binding” from TransGuys.com
<https://transguys.com/features/chest-binding>

Thank you to the [Community One Foundation](#) for their support of this project. For more binding resources, and our Bind Safe video series visit

www.bindsafe.ca

