

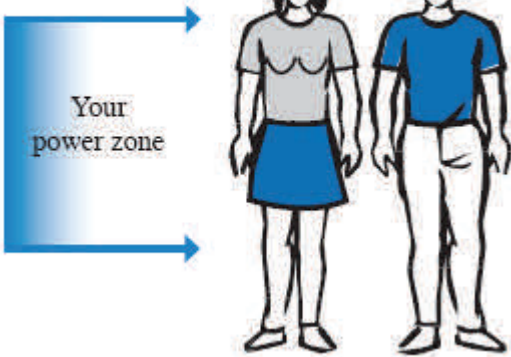
# SUGGESTIONS FOR MOVING IN MORE SAFELY

**1**

**Before leaving home ask "Do I need this?"**

**2**

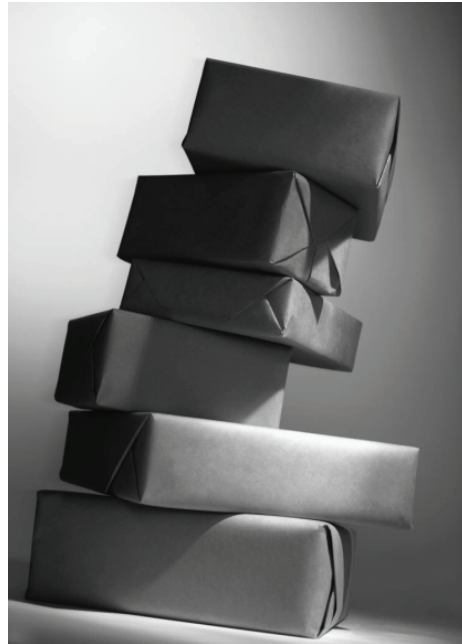
**Plan the lift**



**Carry loads between knuckle height and shoulders using your power zone**

**3**

**Before moving the load, size it up.**



**Test it for weight and stability.**

**4**

**Use boxes small enough so one person can carry safely**



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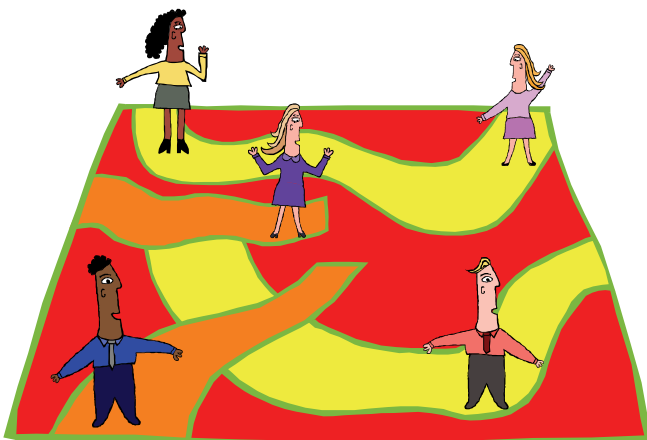
5



**Use handles to make moving easier**

6

**Think through the path the load will travel.**



**Could the path be shorter?**

7

**Perform the lift.**

- a) **Get a secure grip.**
- b) **Use both hands when possible.**
- c) **Avoid jerking by using smooth, even motions.**
- d) **Keep the load as close to the body as possible.**
- e) **To the extent feasible use your legs to push up and lift the load, not the upper body or back.**
- f) **Do not twist your body. Step to one side or the other to turn.**
- g) **Alternate heavy lifting or forceful exertion tasks with less demanding tasks.**