

# TAKE THESE 5 STEPS TO STAY SAFE ON MOVING DAY



*Moving day is busy and hectic and emotional - don't add a trip to the emergency room into the mix! Follow these safety tips to stay safe on moving day.*

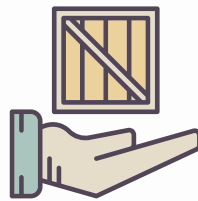
## ● Watch the weight of your boxes.

Boxes should be no heavier than 50 pounds, and even most heavy boxes will be best carried by two people. Heavy items, like books, should be put in smaller boxes. Lighter items can go in large boxes.

When it comes to carrying, the old advice is true: Lift with your legs and not your back. This will help you avoid back injuries. And, since you will be walking quite a distance on moving day, it doesn't hurt to do a little stretching before you get going, just like you'd stretch before a workout.

The proper tools can help you move heavy and oversize items. Moving day will go easier if you have these items with you:

- Dolly or handcart
- Lifting straps
- Furniture sliders



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## ● Move any obstacles

Before you put anything into the truck, make sure the path to the truck is clear. Look for uneven walkways, boxes or other items on the floor, or areas that may get slippery when wet. Are there low-hanging branches from a tree along the way? Clear the obstacles and mark uneven areas or stairs to reduce the chance of falls.

## ● Wear proper attire

Moving is a workout, so dress appropriately. You'll want comfortable clothing that is not baggy; loose clothing can get caught on things. Closed-toe shoes like sneakers will protect your feet and give you traction. A pair of gloves can protect your hands from splinters and blisters.

## ● Stay hydrated

You don't have to move in the summer to get sweaty on moving day. Make sure there is plenty of water and sports drink available for yourself and those who are helping you move. Don't be afraid to take a break when you need it.



## ● Have a first aid kit handy

Don't pack the first aid kit! Leave it somewhere you can easily find it on moving day. You'll be able to handle small cuts and injuries right away.

