



PAULMAR
HOUSING

Moving Day Tips!

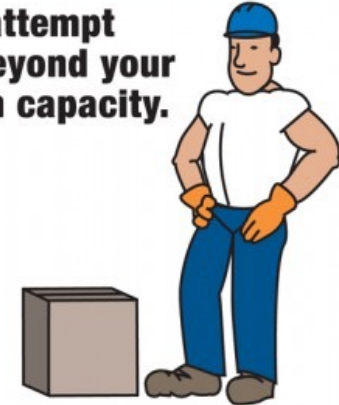
Safety:

- Use a moving dolly and furniture sliders
- Use safe lifting techniques
- Wear suitable clothes and shoes
- Make your exit and entry routes as safe as possible
- Double tape all box bottoms
- Eat well, stay hydrated and get a good nights sleep before hand!



SAFE LIFTING TECHNIQUES

Do not attempt to lift beyond your strength capacity.



Stand close to object with feet spread shoulder width apart and one foot slightly in front of the other for balance.



Squat down, bending at the knees (not the waist). Tuck your chin and keep your back as straight as possible.



Get a firm grasp on the object before beginning the lift.



Lift with your LEGS by straightening them.



After lifting, keep the package as close to the body as possible.