

ZERO HARM

Moving Day Safety Tips

If you plan to move your belongings yourself, make sure you use the **safety tips** below. This will help you prevent injury to yourself and anyone else helping you with the move. Here's what you can do to keep everyone safe:

1. Use a Dolly

A dolly, also called a hand truck, is piece of equipment that you can use to stack heavy boxes or carry furniture to your car or moving truck. It's a far better option than trying to lift heavy boxes or bear the weight of heavy furniture by yourself. This will help to prevent lower back injury and other health risks that can occur if you're lifting too much weight. If you're working by yourself, you should buy straps to help keep the items on the dolly. If someone is helping you move, they can help keep the items on the dolly instead of using straps.

2. Lift Properly

When you lift anything, use your legs and not your back. Bend your knees, keeping your back straight, and pick up the boxes or furniture. If you use your back to lift your things, you'll strain it and hurt your lower back. You should also schedule breaks throughout the day so that you give your back the rest it needs.

3. Wear Gloves

Most professional movers wear gloves, and for good reason. Wearing gloves can help protect your hands from cuts and other wounds while lifting and moving. Cotton knit gloves that are sturdy will do the trick, but you can buy leather gloves made for professional movers. You could move without gloves, but you put your hands at risk of a cut, a splinter or worse.

4. Occupy Your Kids

Before you start moving things, make sure your younger children are safe and occupied. Check to see whether they've climbed in the moving truck or car. Keep them out of the walkways and steps.

5. Get Rid of Flammables

You don't want to have to worry about flammables in your car or truck when you get on the road. These can be dangerous and cost you your life if there's a crash. One important safety tip is not to include these in the move. Plan to use flammables before the move and throw them away on for before moving day. These include: paint thinners, matches, liquid candles, aerosol cans and typical household chemicals.

If you follow these safety tips during your move, you'll save yourself money and pain due to injuries. If you can get someone to help you with the move, share these tips with them so that they'll be protected also. <http://ohmyapt.apartmentratings.com/5-safety-tips-when-moving.html>