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Checklist - How to correctly lift and carry objects

To protect your spine and to avoid further injuries during your move

- ✓ Your stance should be stable and safe; open your legs slightly outwards
- ✓ Lift heavy furniture and boxes from your knees
- ✓ Do not lift them with your legs stretched and your back bent
- ✓ Keep your back straight
- ✓ Do not twist your spine
- ✓ Lift objects steadily and not fitfully
- ✓ Carry the weight as close to your body as possible
- ✓ Avoid strain on one side
- ✓ Use transport aids for objects moved over long distances, e.g. handbarrows or sack trucks
- ✓ Have two people carry bulky objects
- ✓ Envelop the object with outstretched arms
- ✓ Make sure you can see where you are going

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Wir arbeiten ausschließlich nach folgenden Bedingungen: **Umzugsverkehr und Lagerungen** gem. HGB 407 ff und AGB Friedrich | **Neumöbel:** ABBH | **Kunsttransporte:** AB-Kunst | **EDV:** ABB-EDV