

Back care— Lifting sheet materials, part 1

List sheet material locations on site.

Explain dangers

If you don't lift large sheet materials like plywood correctly, you risk back, neck, and shoulder injuries.

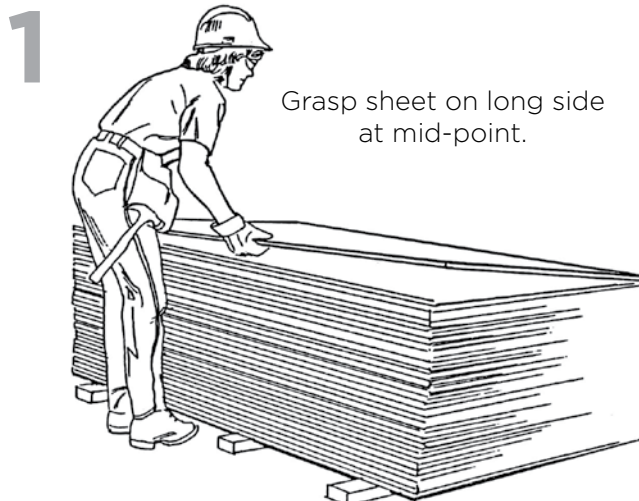
Identify controls

Stack sheets at a convenient height or store them up off the ground on blocking or trestles.

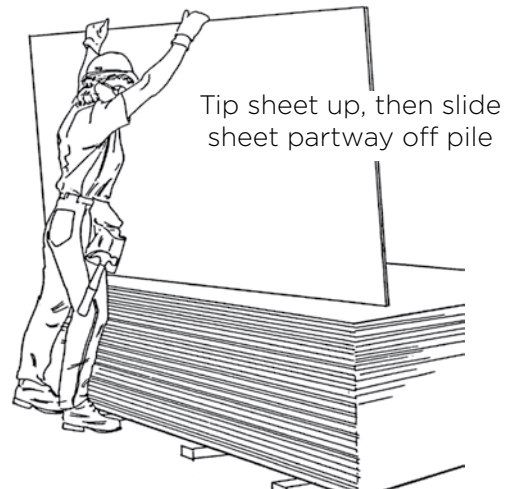
Here's how to lift correctly.

Demonstrate

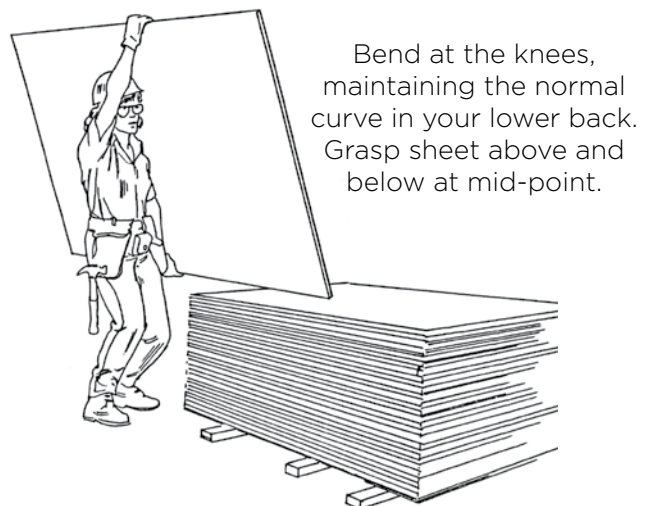
Demonstrate how to lift sheet material off a pile.



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