

Back care— Lifting sheet materials, part 2

Demonstrate

Demonstrate how to lift sheet material off the floor.



Bend knees, keeping back as upright as possible.

Tip sheet up to horizontal position.

Lift sheet slightly and put toe under mid-point.

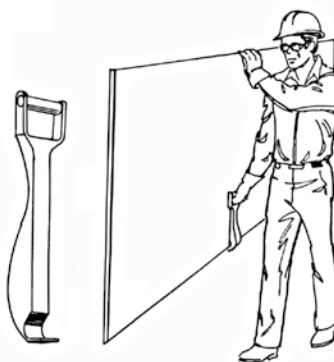


Bend at knees, keeping back upright. Slip free hand under sheet.



Stand and lift, maintaining the normal curve in your lower back.

Use a carrying handle to move sheet material a distance.



If the walking surface is level and hard, use a drywall cart.