Back care—Lifting sheet materials 1

**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 off the ground on blocking or trestles. Here’s how to lift correctly.

1. Grasp sheet on long side at mid-point.
2. Tip sheet up, then slide sheet partway off pile.
3. Bend at the knees, maintaining the normal curve in your lower back. Grasp sheet above and below at mid-point.
4. Keep back erect while carrying sheet. Avoid leaning to one side.

**Demonstrate**
Demonstrate how to lift sheet materials while you talk.