

# 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

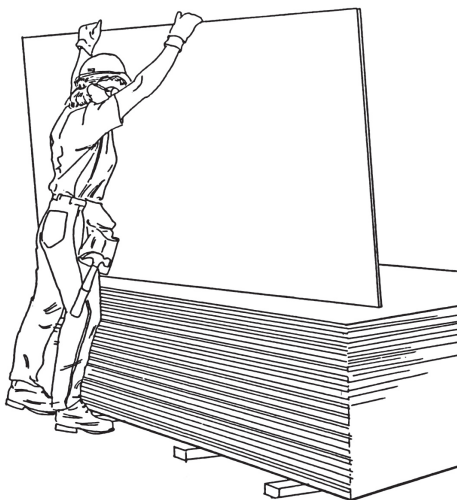
Stack sheets at a convenient height or store them off the ground on blocking or trestles.

Here's how to lift correctly.

- 1 Grasp sheet on long side at mid-point.



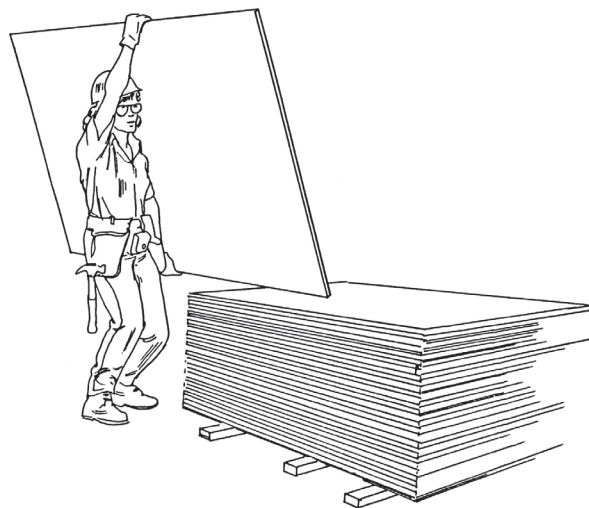
- 2 Tip sheet up, then slide sheet partway off pile.



## Demonstrate

Demonstrate how to lift sheet materials while you talk.

- 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.

