

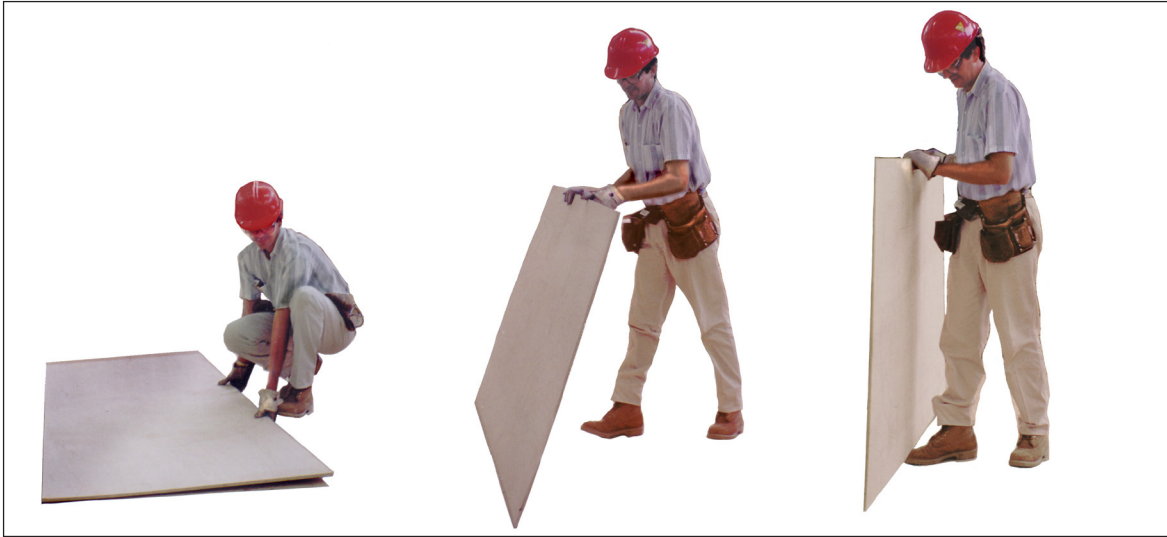
# Back care—Lifting sheet materials 2

## Explain dangers

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

## Demonstrate

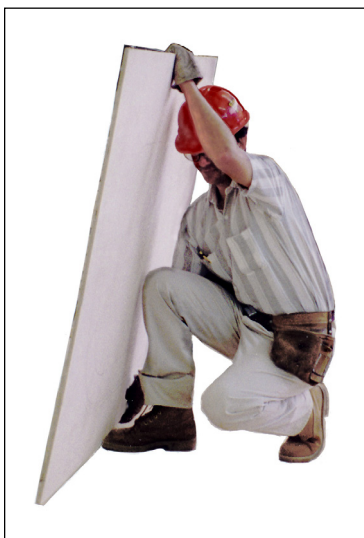
Demonstrate how to lift sheet materials off the floor.



Bend knees, keeping back as upright as possible.

Tip sheet up to horizontal position.

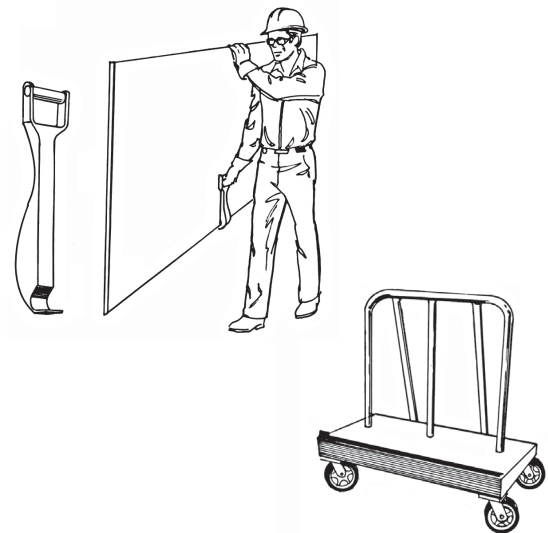
Lift sheet slightly and put toe under mid-point.



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