List sheet material locations on site


Explain dangers
If you don’t lift large sheet materials like plywood right, 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 right.

Demonstrate
Demonstrate how to lift sheet material off a pile.

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 low back. Grasp sheet above and below at mid-point.

4 Carry sheet, keeping back erect. Avoid leaning to one side.