Back care— Lifting sheet materials, part 1

List sheet material locations on site.

Explain dangers

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

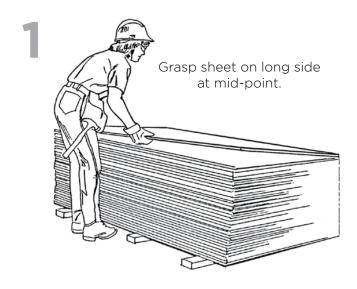
Identify controls

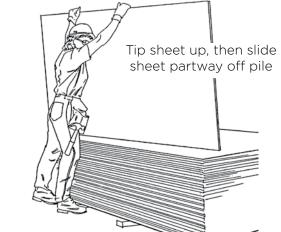
Stack sheets at a convenient height or store them up off the ground on blocking or trestles.

Here's how to lift correctly.

Demonstrate

Demonstrate how to lift sheet material off a pile.





Bend at the knees, maintaining the normal curve in your lower back. Grasp sheet above and below at mid-point.

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

