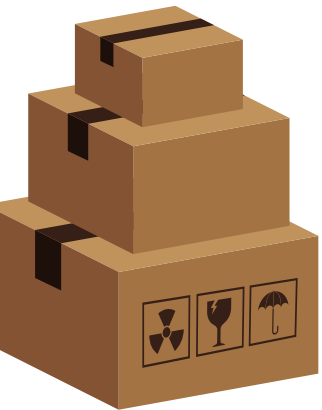




# WORK RIGHT REVIEW

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## PREPARED TO MOVE

BY WRNW

Planning on moving soon? Packing can be a literal pain. But don't worry, as long as you're **PREPARED**, you can stress less and save your back as well! Here are some pointers to make the move a success.



**WANT TO READ MORE?  
SCAN THE QR!**

### Packing

- **Make a Plan** - Scan the room you plan to pack and know which items are going in boxes.
- **Clear a Path** - Have a clear path to move around the room.
- **Evaluate Your Boxes** - Make sure boxes are in good condition.
- **Work Within the Green Zone** - Place the boxes in an optimal working position.
- **Align Shoulders, Hips & Toes** - Keep your shoulders, hips, and toes aligned while grabbing items.



- **Watch the Weight** - NIOSH recommends the weight limit for an individual lift to be 51 lbs. If the box is greater than that, make sure you recruit a friend to help you lift.



### Lifting

- **Warm Up** - Do not lift without getting your body ready for it.
- **Size Up the Product** - Determine the weight and the safest and most efficient way to lift.
- **Use Proper Lifting Posture\*** -
  - a. Square up to your work.
  - b. Widen your feet to shoulder width.
  - c. Keep your back straight and chest up.
- **Keep Elbows In & Thumbs Up When Carrying** - Keep in the Green Zone.
- **Don't Rotate** - Keep your shoulders, hips, and toes aligned when lifting.
- **Rest** - After moving, stretch out, re-hydrate, maybe even get a massage!



Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.



**\*A proper lift involves a hinge through the hip joint and utilization of the large muscles of the legs to execute the lift safely.**