



Main Points from the

**HANDLE
WITH CARE**

Guidelines on:

Moving furniture

- Plan the move
- **Know your limits**
- Always ask for help, don't be a hero
- **Use the correct trolley for the task**
- Try furniture skids
- **If required ask for a specialist to move it**
- If it looks or feels heavy then mechanical assistance/another person to help is necessary
- **Reduce manual handling where possible**
- Practice the 8 points when lifting
 - 1 Check the object out and plan the lift
 - 2 Stand close to the object
 - 3 Keep your back straight and bend at the knees
 - 4 Get a good grip on the object
 - 5 Lift with your legs, in a smooth action, no sudden movements
 - 6 Carry the load close to the body
 - 7 Don't twist your body, move your feet
 - 8 Keep a clear view of where you are going

