



# *MOVE DAY – SAFETY TIPS*

## **SAFETY TIP 1: PLAN 3 STEPS AHEAD (AT LEAST!)**

While some people on the move will be happy to not run into any major accidents while moving homes, you need to go one full step further and guarantee yourself a perfectly safe and smooth move – from the eerie moment of packing your first box in your current home to the joyous instant of unpacking your last moving container in your new home.

The first thing you should remember is that moving day safety goes hand in hand with good organization. **“Plans are nothing, planning is everything.”** Review the policy and procedures for the property, access routes (maps), unloading areas and understand the parking availability and restrictions. Your use of the time you have booked is essential to everyone moving into their home doing so efficiently.

## **SAFETY TIP 2: ASK FOR ADEQUATE MOVING ASSISTANCE**

The process of moving was never meant to be a one person affair. Unfortunately, your noteworthy self-reliance and awe-inspiring solo play will come to an end with the arrival of Moving day. Lifting, carrying, loading and unloading heavy items is a team effort, so make safety your top priority when moving and remember to ask for the right kind of moving assistance. While friends can provide a good physical and emotional support to help your relocation cause, the ultimate moving safety can only be achieved through professional assistance.



### SAFETY TIP 3: CHEAT THE LAWS OF PHYSICS

One of the fundamental safety rules is that a single packed box should not exceed the reasonable limit of 50 pounds. Don't make moving containers any heavier. If a box feels uncomfortable for you to lift and carry around, then it has already become too heavy. Of course, you can always try and cheat your ways around the strict laws of physics by having the proper moving equipment around you like a dolly or hand cart.



### SAFETY TIP 4: USE PROPER LIFTING TECHNIQUES

Moving days are usually filled to the brim with awkward and unusual movements that your body will not be too thrilled to go through – lifting, bending, pushing, pulling and even twisting. And as a result of that sudden unorthodox physical strain, your body will be more prone to sustain minor or even more serious (Heaven Forbid!) injuries.

- Number one lifting technique - you should lift with the help of your legs, not with your back. Simply bend at the knees, keep your back straight as an arrow and use the sheer strength of your lower limbs as an ultimate hoisting device. Your back will thank you later.
- Keep in mind, whenever applicable, that it's always better to push heavy objects forward than to pull them backwards.
- Another safe and proper lifting technique states that if you find yourself in dire need to turn while still holding a heavy object, then you should turn with your feet, not with your hips.
- In order to avoid moving injuries, you should keep heavy items close to your body and centered in relation to your body height.
- Take only small steps at a time, always keep your footing secure and make sure your movements are slow and smooth as opposed to sudden and jerky.
- Avoid lifting heavy things over your head unless you absolutely must.

## SAFETY TIP 5: KEEP HALLWAYS AND PATHWAYS CLEAR OF OBSTACLES

- One of the best moving safety tips is to create more unconstrained space and breathing room, both inside and outside your home, by removing any obstacles along the moving paths.
- Packed boxes should be labeled and organized in neat piles away from any hallways and pathways along the heavy-traffic zones so not impeded in any way.
- The areas, especially the pathways that lead to the moving truck and loading (landing) zone, should be perfectly clear of any debris on the ground that could prove to be real hazards.
- Take advantage of any available vertical space when arranging your packed boxes but be careful not to stack the filled moving containers too high for fear of them getting topped over and hurting someone.

## SAFETY TIP 6: KEEP YOUR KIDS AND PETS AWAY FROM TROUBLE

It's your top priority to make your children and any pets safe by keeping your little ones as far away from the moving epicenter as possible. To avoid having your kids or pets running around the movers' feet while the latter are hauling huge, oversized and overweight stuff, arrange for a trusted friend or relative to watch over and look after your loved ones in a safe environment away from move day.



## SAFETY TIP 7: DRESS APPROPRIATELY FOR THE MOVING OCCASION

Put on a random pair of shoes on moving day and your feet will hate you afterwards. Moving day safety comes in different shapes and sizes. Not surprisingly, one of the safety aspects that tends to be overlooked too easily during a residential move is the way a person dresses in the morning of their moving day. Don't make the moving mistake of thinking that what you wear on moving day will have zero effect on the way the longest and most exhausting moving period unfolds.

One of the universal relocation truths is that moving will be much safer and comfortable when you're dressed appropriately for the occasion.

- Ideally, your clothes will provide a maximum level of comfort and protection during your action-filled day.
- Forget about the word Fashion and select garments made of breathable and flexible materials that won't restrict your movements in any way.

- Moving often proves to be dirty work, so choose the type of clothes you won't really mind getting ruined after the long day.
- Baggy clothes are clearly out of the question due to their higher chance of becoming hooked onto a protruding part somewhere and thus compromising the moving safety you have worked so hard to achieve.
- As far as shoes go, select your most comfortable closed pair that you know will give you the best protection, flexibility, and traction. Flip flops and or loose sandals is not acceptable.

## SAFETY TIP 8: USE YOUR COMMON SENSE

Use your common sense! This is probably the best moving safety advice you will ever get is to help you keep your moving adventure free of nasty accidents and painful injuries.

1. Review meaningful safety rules in the very beginning of your moving preparations and stick to them until the last moving box has been unpacked in your new home.
2. Don't be a moving hero. Try to resist the temptation to carry several moving boxes at once as pushing yourself too hard for too long can only lead to exertion and possible injuries.
3. Stretch before you begin any instances of heavy lifting regardless of how skeptical you may feel towards warming up exercises.
4. If you can think of an easier way to do something without straining your body, just do it. For example, stack heavy boxes onto a moving dolly instead of proving to yourself how strong you are.
5. Listen to what your body is telling you, and listen closely. Understanding your own physical limits is an excellent way to keep moving injuries at bay.
6. It's important to keep all participants in the move well hydrated and sufficiently energized, especially if you're moving in the summer where the heat can strike you badly with its invisible hand. Prepare a variety of refreshing non-alcoholic drinks and at least three different types of snacks to keep everyone happy.

Lastly,

Sometimes a house move proves to be too much to tackle on your own and the best thing you can do to ensure your safety and peace of mind under the circumstances is to **invest in experienced professionals** who will get the job done in the safest and most efficient way possible, respecting the rules of the property and the limited time for your move that is generally afforded.