

Lifting sheet materials, part 1

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

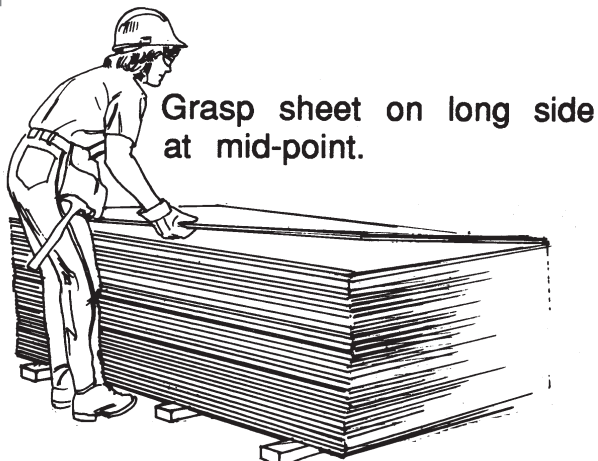
Stack sheets at a convenient height or store them up off the ground on blocking or trestles.

Here's how to lift right.

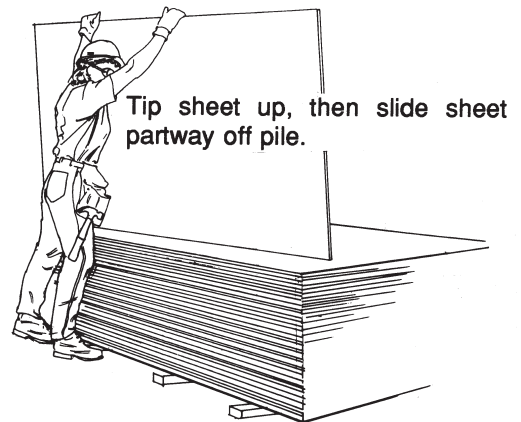
Demonstrate

Demonstrate how to lift sheet material off a pile.

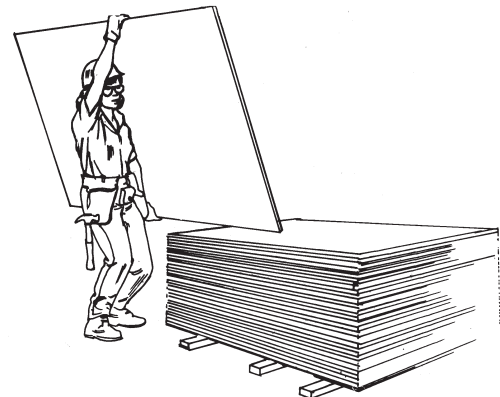
1



2



3



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

4

