

## Moving House: Health & Safety Tips

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1



Wrong



Right

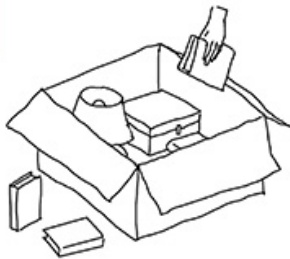
Remember to always bend your knees when picking up a box, keeping your back straight. When carrying anything, keep your elbows bent and the object close to your chest.

2



Make sure the object you're lifting isn't too heavy for you (it shouldn't exceed 20kg).

3



Always pack boxes with the heaviest items at the bottom.

4



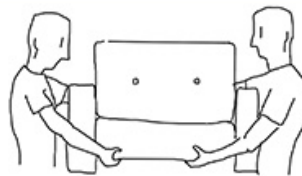
Don't block pathways or hallways with boxes and clutter.

5



Keep all pets out of the way during the moving process. Your cat may be cute but tripping over its tail isn't.

6



Don't do it all yourself. Ask friends, family or hire someone so you have plenty of assistance when moving.

7



Tie up all electrical cables and store them in one place.

8



Always have an emergency kit at hand. Just in case!