

# MOVE HEAVY OBJECTS

From time to time you have to move heavy objects. Perhaps you are moving to a new home, or you have bought something large, or you are just cleaning up. In such a case, I call my Grizzly Uncle Brutus. But as you're not in his area, you are going to have to get this worked out yourself.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Ask your parents, friends, or family if there are any large items that they need moved. Using the list above, as well as their advice, get the work done. If possible, move three large, heavy, awkward items.

LEVEL I

PERIOD 7

TASK 1

1. First things first - plan. Plan your route and how you will move the object. If it will slide, think about possible damage to the object and the floor. Consider using low friction sliders or cardboard or blankets.

2. When moving objects, try to push rather than pull. You are less likely to strain yourself.

3. Never lift with your back. Lift with your legs, they are far stronger. Lifting with your back is a good way of messing it up for the rest of your life. And while I'm on the subject, be very careful not to twist your back while you are lifting.

4. Wherever possible, dismantle first. Remove drawers and sections, if you can.

5. Walk items by tipping them towards you and then pivoting from one corner to another to mimic steps.

6. If an item will be trashed, break it down rather than trying to carry it whole.

And with all of these methods, wear protective clothing: thick jeans, closed toe shoes, and gloves are a must

