

### *Lifting sheet materials, part 2*

#### Demonstrate

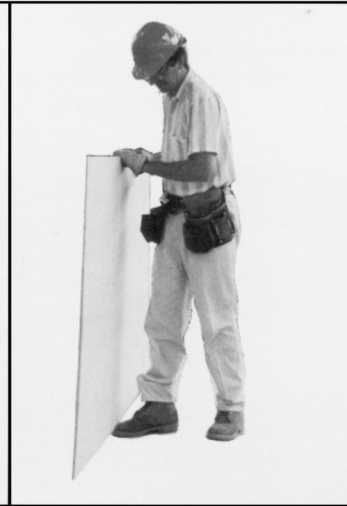
Demonstrate how to lift sheet material off the floor.



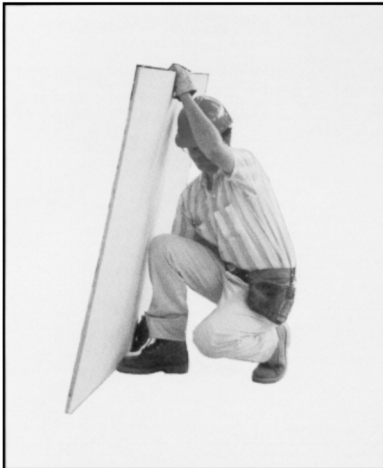
Bend knees, keeping back as upright as possible.



Tip sheet up to horizontal position.



Lift sheet slightly and put toe under mid-point.

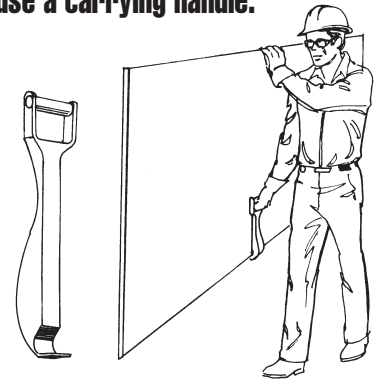


Bend at knees, keeping back upright. Slip free hand under sheet.



Stand and lift, maintaining the normal curve in your lower back.

**To carry sheet material a distance, use a carrying handle.**



**If the walking surface is level and hard, use a drywall cart.**

