

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

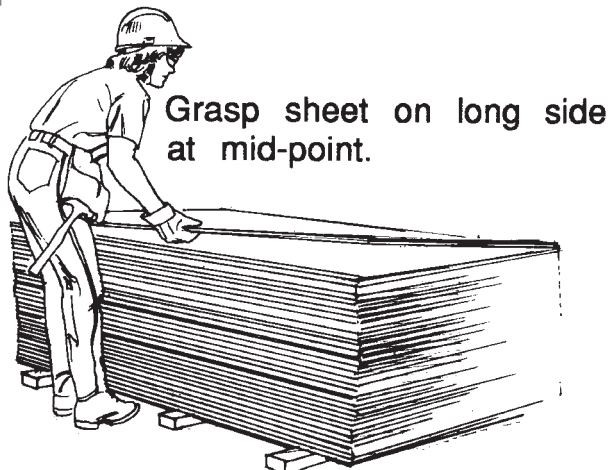
Stack sheets at a convenient height or store them up off the ground on blocking or trestles.

Here's how to lift right.

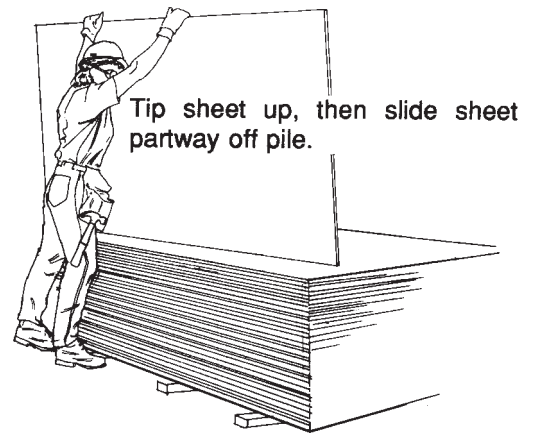
Demonstrate

Demonstrate how to lift sheet material off a pile.

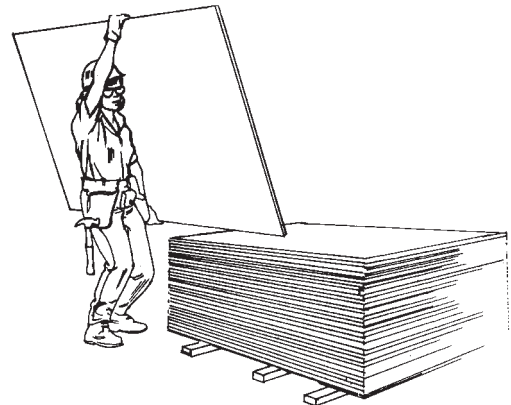
1



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