



## HOW TO MOVE HEAVY FURNITURE

Here is quick tip sheet to refer to when moving heavy furniture

### What you need:

Sliders  
Blankets  
Stretch film or wrap  
Wood boards

### STEP 1

**Empty contents of drawers, shelves, etc.**

### STEP 2

**Remove drawers or secure them closed with stretch wrap.**

### STEP 3

**Place a slider underneath the furniture legs.**

A slider can be almost anything: a jar lid, a piece of cardboard, a plastic flying disc or you can buy a furniture slider that's specifically designed for moving.

### STEP 4

**Push or pull furniture.**

### STEP 5

**Move the furniture.**

**TIP:** Whether pushing or pulling, always lift with your legs, not your back.

## IF MOVING FURNITURE UP OR DOWN STAIRS:

### ■ STEP 1

**Wrap furniture to protect it.**

### ■ STEP 2

**Place wood boards on steps like a ramp.**

Take a plank of wood (about 1" thick) and place it flat down on the steps. It's best if you find a piece of wood that covers the length of the stairs.

### ■ STEP 3

**Lay item on ramp and push or pull.**

Lay the piece of furniture on its side on the ramp and push it up or down the steps.

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