Moving In

Moving is not only emotionally difficult, but your body can also undergo a lot of stress.

INSPECT THE AREA

Before moving day, check out the area around your new dorm or room, if possible. Note the closest spot where your vehicle can park and if you have to reserve a spot prior to move in day.

Check for any uneven sidewalk or walkway areas. If you have steps in your front walkway, make sure they are clearly seen. Look for other hazard areas such as posts, poles or tree branches that might pose a problem.

When packing, make sure all moving boxes weigh less than 50 pounds. If you're unsure of a box's weight, try lifting it. You should be able to lift it without too much strain, and at the same time, you should feel steady on your feet.

Remember that you may have to carry items up or down stairs, or a long distance to and from your vehicle. Your current residence and your new residence may have different accessibility issues - so keep both places in mind.

Remember the proper way to lift! Never bend over to pick up an item; squat down and lift with your entire body.

Moving Day Safety Tips

- For items that require more than two people to move, make sure you have an extra person there, one who can direct the group and be there in case someone slips or cannot carry their end of the load. The extra person can also act as the communicator.

- Keep an emergency kit on hand, including band aids, aspirin and medicated ointment. Hopefully, you won't need to use it for any major accidents, but even a blister can be quite painful if not treated. Also make sure that plenty of liquids are around to prevent dehydration.

- Assembly line set-up tends to work best, with one or two people at the vehicle to unload it while others are moving items to the new room.

- Wear proper clothing and footwear. Also make sure you wear durable, supportive footwear, with good grip, particularly if surfaces should become wet.

- Make sure no one is wearing open-toed shoes. Sandals can lead to scraped toes, or worse.

- Make sure your clothing doesn't pose a problem, such as loose sleeves or shirttails that might get snagged.

- Organize the space so the high-traffic areas are clear of any obstacles. During the move keep hallways and pathways clear of obstacles.

- Because you may have packed at home over a period of weeks, it can be easy to forget what is in the boxes and containers. If possible, have heavier boxes set aside as well as lighter, more fragile items. Make sure you mark boxes which require special care.

Questions or Comments:
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