

Storage and Packing Tips

- Plan your move and packing properly. Take the time to sit down & work out what will require storing, and what will be moved immediately. Consider starting your packing weeks ahead of the actual move to reduce the stress factor
- Consider placing items that will be going in to storage in advance of the move itself. This gets it out of the way and leaves you free to focus on your actual house move on the day. You can then gradually work your way through the items in storage
- Make a list of anything you intend to store, and keep it somewhere handy. Note items that can fold down or be taken apart to make more space (e.g. beds) to help you get the best quote through efficient use of space
- Calculate the value of what you have to move and store for insurance purposes. Make sure your chosen removal firm is fully covered for goods in transit, and ensure any goods in storage are also fully covered. (All our removals are fully insured, and we offer a competitive storage policy in-house to boot)
- Arrange things logically, with boxes tied to individual rooms e.g. kitchen, living room, bathroom, library, spare room etc & make sure you label all boxes clearly. This will make it far easier to unpack and find what you're looking for in due course
- Pack one room at a time. Start with any spare / guest rooms, library / study, garage / shed. The living room comes next, then the kitchen, bathroom and your bedroom. Don't underestimate how much stuff you might have lurking in those kitchen cupboards!
- Pack small, pack light, pack often! Avoid using a small number of large boxes, and instead make sure you use many medium / small sized boxes. This ensures the boxes are easy to handle, won't tear and it also helps to break the whole job down into manageable chunks
- Pack large and heavy items at the bottom of any boxes or suitcases, with lighter items on top. Try and balance out the weight of different boxes, to avoid having super-light boxes and very heavy boxes
- Empty all drawers, chests and wardrobes and remove the drawers to make it easier to move. If you are storing these, replace the drawers & fill them with items you wish to store, to save space and reduce your storage costs
- Wrap & protect! Cover all furniture and mattresses with appropriate dust sheets, and use plenty of bubble wrap where appropriate. Remember not to use newsprint on fine china as it is acidic – you can buy plain newspaper sheets in store for any fine china or crystal ware. You can also buy picture covers and corner edge protectors, they are manufactured for a reason so use them
- Consider using stronger, more durable plastic crates for very delicate items, or crystal / china of high value. Plastic crates are also a great way to store food and other consumables, ensuring your half-opened rice, flour and beans don't spill all over your belongings, van and storage unit!
- Make sure that fridges and freezers are fully defrosted to prevent water damage and where possible leave the doors open to allow ventilation. Also make sure any washing machines have been allowed to complete their cycle and no longer contain any water in them
- Clean any garden furniture you are storing properly, to avoid damage (e.g. from staining) and to avoid bringing any unwanted guests in to storage. Drain your mower if it's a petrol mower
- Purchase a padlock to secure your unit (available in store) & consider a combination padlock if there will be more than one person accessing the unit



Moving Tips – a Guide to Lifting and Carrying Safely

Moving can be a stressful time, and we often look for shortcuts. Well lifting things shouldn't be one of them. If you have a lot to move, even if it isn't heavy, get some help; never try to lift heavy items on your own and don't try to carry too much in one go. We've all done it – "if I can just grab the edge of that I won't have to come back again..." just before your back cries out in pain or you drop Aunt Mable's precious vase. Make that extra journey and reduce the risk.

We know that lifting and carrying is an inevitable part of moving however, so when you do lift and carry, try to observe the following guidelines:

1. **Warm up** - It may sound silly, but you wouldn't go to the gym and start lifting weights without a stretch and a decent warm up, and this is no different
2. **Dress sensibly** - Jeans, a strong belt, strong boots and gloves are appropriate moving attire for men and women alike; jogging pants, trainers and a baseball cap are not
3. **Pack sensibly** - Don't try and stuff a suitcase full of heavy things, sitting on top of it to zip it shut. Not only is it likely to burst at the worst possible time, but it will be heavy to lift and could cause injury. Pack two smaller, equally weighted suitcases. The same goes for boxes of any size, and remember to empty those chests of drawers and wardrobes before moving them
4. **Get some help** - A load shared is a load halved. Not only will your move be quicker and less stressful, but the risk of injury is far reduced, as is the temptation to lift heavy objects on your own. So get on the phone to family & friends alike!
5. **Lift properly** - keep your back straight and use your legs to take the load



- ✓ Size up the load; tip it on its side to see if you can carry it comfortably
- ✓ Get help if the load is too big or bulky for one person
- ✓ Work as a team by lifting, walking and lowering the load together
- ✓ Check for nails, splinters, rough strapping and sharp edges
- ✓ Lift it correctly; make sure your footing is solid. Keep your back straight, with no curving or slouching. Centre your body over your feet, get a good grip on the object and pull it close to you
- ✓ Pull your stomach in firmly (this acts to support the inside of your lower back). If your arms get tired, you may find the load resting on your jeans and that strong belt you rather sensibly decided to wear earlier...
- ✓ Lift with your legs, not your back; if you need to turn, move your feet and don't twist your back
- ✓ High loads: use a step ladder to reach loads that are above your shoulders. Get as close to the load as you can and slide the load toward you. Do all the work with your arms and legs, not your back
- ✓ Low loads: loads that are under racks and cabinets need extra care. Pull the load toward you, and then try to support it on one knee before you lift. Use your legs to power the lift, not your back

Remember, you use your back every day whether sitting, standing or walking; back injuries can be very painful, and take a long time to treat, if they are treatable at all. Look after your back!