

1 Minute



4 Safety

Safety Tips for Moving Your Workplace



- Do not exceed what you can comfortably lift and carry, keep the load close to your body and avoid bending or twisting
- Keep walkways and aisles clear while packing, moving and unpacking
- Use hand trucks and carts when possible
- For moving assistance, contact the Facilities Moving Group at ext. 5404 or through the Work Request Center
- Request an Ergo Evaluation for your new workstation to be sure it provides a good fit and that it functions properly



For more information contact the Ergo Team at ergo@lbl.gov