

# College Move-In Safety Tips

Heading off to college and moving into your dorm or apartment is exciting. Following these simple safety tips while packing and moving can help you (and parents, too) stay safe as you embark on a new school year.



## USE SMART PACKING TECHNIQUES

- Place items in smaller bags and boxes that won't be as awkward or heavy to lift and carry.



## LIFT WITH YOUR LEGS (NOT YOUR BACK)

- Do not bend over to pick items up. Keep your back straight and bend at your knees.

## STEP UP SAFELY

- Using a stepladder to loft the bed or hang stuff on the walls? The highest standing level should be two steps down from the top.



## KEEP A CLEAR PATH

- It's easy to get hurt trying to step over boxes or bags, squeeze through tight spaces, or maneuver around other people. Make sure you are able to walk around safely.

Get more information on how to keep your bones, muscles, and joints healthy — at college, at home, or wherever life takes you.

Learn more at [OrthoInfo.org](https://www.OrthoInfo.org)



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