



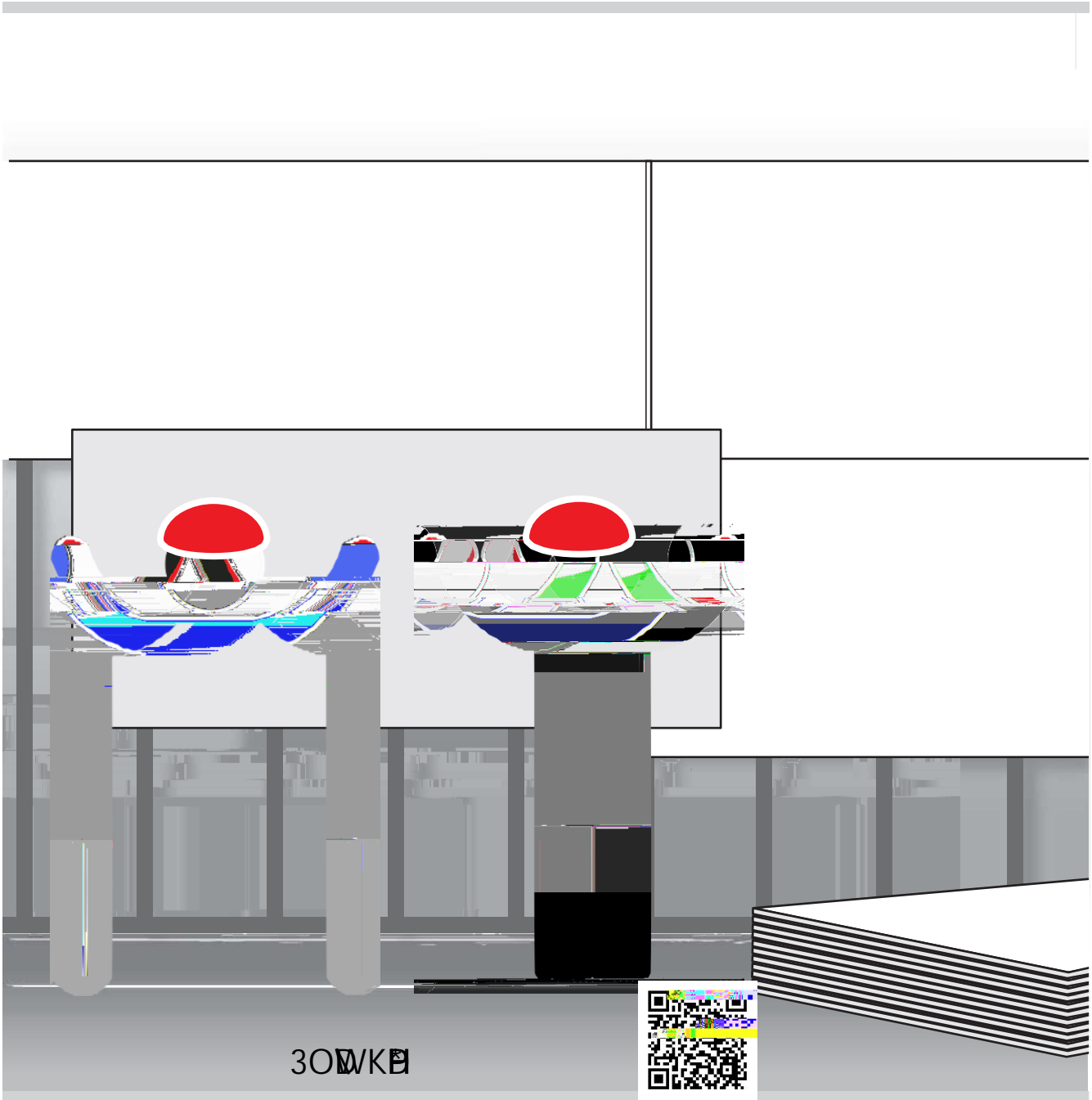
**Workers who handle drywall sheets are at high risk of overexertion. The weight and bulkiness of drywall can intensify any bending, twisting, turning, or lifting motions and cause serious injury.**

Lift only one sheet at a time.

Use two workers to lift larger, thicker, and heavier sheets. (sh)-

Sam had worked as a drywall installer for 10 years. On his last job, after lifting and carrying individual 10-foot sections of drywall up 20 steps, he began to feel pain in his elbow. Sam went to his doctor and was diagnosed with tendonitis.





- ✘ Use two workers to lift larger, thicker, and heavier sheets.
- ✘ Lift only one sheet at a time.
- ✘ Use a vertical lift to help hold the drywall so you can screw sheets to the ceiling safer.