

Plan your next move safely



Your friends at ADT want your move to be safe and easy



Load your truck correctly

Put the heaviest items at the front and tie down anything that might move around. If you stack boxes in the truck, put the heavy ones on the bottom.



Rent the right equipment

Save back strain and help move larger, heavier pieces. A dolly or two will save you from carrying boxes too far. Heavier boxes can be stacked and moved more easily.



Have a plan for children and pets

Arrange for child care for kids or board your pets.



Pace yourself

Go slow and take plenty of breaks. It's when you're rushing to get the move over with that careless accidents are most likely to happen.



Be careful with heavy boxes

Make sure all 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 feel steady on your feet.



Wear protective clothing

Make sure that you wear comfortable clothing and protective (no open-toed sandals), supportive footwear.