

ALLSTATE SELF STORAGE

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For All Your Storage Needs
Commercial & Residential
<http://www.allstateselfstorage.com>

Helpful Storage Tips

- Do not over pack boxes, over packed boxes will rupture and/or fall over when stacked.
- Store items you'll need most often at the front of the unit.
- If you're storing tables and other furniture, remove legs and disassemble to conserve storage space.
- Store couches upright inside the storage unit (except sofa beds).
- Clean and dry your appliances. Keep refrigerator doors slightly ajar and use the space inside for additional storage.
- When packing items make sure to leave a center aisle so that you can access items wherever you pack them.
- To keep old photographs or documents from bending or curling over time place them in a binder, album or between two pieces of cardboard and tape them together.
- Heat-sensitive items like videotapes, albums, photographs or wood furniture are best kept in a climate-controlled storage room.
- Before storing drain gasoline and oil from items with small engines (i.e. lawnmowers).

Avoid Back Injury with Safe Lifting techniques

- Stand close to the load and center yourself over it with your feet shoulder width apart
- Tighten your abdominal muscles
- Keeping your back straight, bend your knees and squat down to the floor
- Get a good grasp on the load with both hands
- Keeping the load close to your body use your leg muscles to stand up lifting the load off the floor

- Your back should remain straight throughout lifting, using only the muscles in the legs to lift the load
- Do not twist your body when moving the load. Instead take small steps with your feet turning until you are in the correct position
- Again bend at the knees using only your leg muscles and place the load in the appropriate spot