

# MOVING IDEAS

## Do-It-Yourself Tips For Moving Heavy Furniture

(NAPSA)—Though it's necessary for things like seasonal cleaning, household fix-ups, entertaining or holiday decorating, moving heavy furniture is not



**Move it yourself! Products that reduce the risk of back injury allow easy moving of heavy furniture without assistance (shown: EZ Moves II Furniture Slides).**

without risks.

“There is strong evidence that lower back disorders are associated with heavy lifting and forceful movements,” said ChoiceCare Physicians’s Dr. Anna Mathew, MD, MPH of Pittsburgh, a board-certified occupational medicine specialist. “Lower back disorders are the second most common cause of employee absenteeism.”

For almost 10 years, professional carpet installers have been using EZ Moves Furniture Slides to make their jobs easier. These sturdy pads allow furniture to glide easily over carpet or grit-free hard floor surfaces.

“Use of products such as EZ Moves Furniture Slides will reduce the physical demands of moving heavy objects and thus reduce back injuries,” said Dr. Mathew. “If you suffer from back problems, you should consult your physician before using this product.”

The pads can be particularly useful for seniors and singles who want to remain self-sufficient and independent. According to census figures, more than 35 million Americans are at least 65 years of age, and there are more single heads of households than ever.

EZ Moves Furniture Slides can be found at Bed Bath & Beyond, on QVC, and at carpet, hardware and furniture retailers. To learn more, call 866-EZMOVES (396-6837) or visit [www.ezmoves.com](http://www.ezmoves.com).