

FREE

# SMART NEWS



Smart Move

HOME MANAGEMENT INFORMATION

DEC 2015

## WHEN TO HIRE PROFESSIONAL MOVERS.

A professional moving company can be more affordable than you might think. Asking neighbors, friends and family to help move you can result in broken items, an unnecessary injury, and then there's the value of your time.

### Tips for hiring professional movers before you hire a professional moving company:

- Read online reviews. Not just on the company's site, but compare reviews on third-party sites from actual customers: Yelp!, Google, AngiesList and HireAHelper, Yahoo and Dex.
- Don't always go with cheap because it will likely cost you more later. Get your full quote up front to affirm no hidden charges. Ensure the company is insured and is registered with the Department of Transportation.

### Learn more

Create a schedule so you don't get overwhelmed. Reconnecting electronics can be made easy by snapping a picture of them, before you unplug. Keeping clothes clean during the move is easy with a large garbage bag over the hangers. Pack a "first night" box to avoid rummaging through multiple boxes for your next day's necessities. Keep bolts and screws organized with zip-lock sandwich bags. Be smart about your time and protecting your possessions



*"Take an inventory of your items, before they get wrapped and loaded on the trucks. Mark your boxes and then just relax..."*

*Brandon Hodges*



### Food for thought:

"I had my brother and some neighbors help me move from my apartment into our first house.

That's the last time I'll ever do that! it was an accident, but when my \$4000 television tipped in the truck during transport, there was nothing I could do."

## Moving Stressors

Moving into a new home can be very stressful, even under the best of circumstances: a promotion, new addition to the family, getting married, downsizing.

Whatever your circumstances, a check list is always recommended when you move. This reduces the stress of scheduling, having people show up when you need them, preventing last minute rushing, and all sorts of potential pit-falls that never end up well.



### Your checklist should be pretty simple:

- Find a reputable moving company, after reading their online reviews. Avoid places like Craig's List. This is where scammers dwell.
- You're going to need to pack. Contact local liquor or grocery stores in the morning and ask for some boxes to be set aside. Most often, they're glad to help out. If there's a challenge, ask your selected moving company about supplies: wrapping, boxes, dish carriers, etc.
- Confirm all of your utilities will be transferred or cancelled, after you move, and on and ready in your new place: internet, television, gas, electric and water.
- Have your change of address completed with the post office. Cancel your newspaper and set up for your new address.
- Consider hiring a professional cleaning company to clean your new destination, before you arrive. Trusting the prior occupant may leave you disappointed.

Moving is considered to be one of the top-five stressors. If you'll practice these simple suggestions, you should be able to have a positive experience. Let someone else carry your furniture and stress. Celebrate the memories you've made in your home and get ready to start a new chapter in your life.

## Avoid Back Injuries

Proper lifting technique is essential when you're lifting anything. Be sure to have your back straight and lift with your legs.



Never twist or turn while lifting or carrying a heavy item. Recovery from a back injury can take years.



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