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On the move? Think about calling the professionals

as much or as little of the packing and unpacking as is required and several com-

panies will advise you and provide a full range of pack-

It's important to plan ahead and arrange with the building management at both ends to book elevators

And always expect the unexpected. No amount of preparation can pre-

vent something from going wrong. Remember that you

are personally responsible for any damage caused to common area hallways and

elevators as a result of your move. Professional movers

are licensed and insured and

have all the proper freight

Szypulska of Toronto's Two

Men and a Truck. The pro-

fessional moving outfit

boasts 3,500 movers and 1,400 trucks nationwide with 20 local franchises in

"I think our mental-

ity about the business is

very different. I realize we

provide a moving service,

but our business is about

customer service,"

handling equipment.

Ontario.

ing supplies.

and loading docks.

Two Men and a Truck.

DIY moves can make the most stressful day in a person's life even worse



CONDO TRENDS Duncan McAllister life@metronews.ca

So you're ready to make the big move to your next condo. Should you move yourself or enlist the services of a professional?

You can pack your own possessions, hire a truck and enlist the services of your reluctant friends and save some money.

But many people would prefer the peace of mind afforded by a turnkey solu-tion where the mover does it all. After all, a typical twobedroom condo contains a lot of delicate and expensive

Some do-it-yourself moves go well, but others can go awry because of unanticipated events.

A professional moving company can help you with

"I realize we provide a moving service, but our business is about customer service.

Eva Szypulaska

Szypulska about the most stressful day in a person's

"A lot of things go wrong on that day and our job is to make that hardest part the quickest and easiest.'

One of the things that really differentiates Two Men and a Truck from any other moving company in Canada is the Mikey On

says Szypulska.

The challenge is now to other companies that have vehicles out in the commun-

Board program.

"What we've decided to do is we've put a Mikey defibrillator on every vehicle that's out there. We're actually training the majority of our staff so they know how to use the machine in case something happens,"

ity to do the same thing.



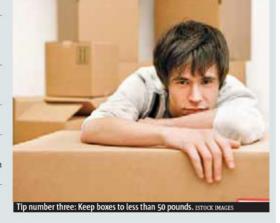




Eva Szypulska, of Toronto's Two Men and a Truck shows a Mikey defibrillator, carried on board each of their

Eva's packing checklist

- When you are packing for your move, use strong boxes and containers that can be secured tightly.
- · Pack audio-video equipment in their original
- Avoid loading more than 50 pounds into one box.
- Remember to pack a box of basic household supplies that you may need on moving day.
- Don't pack paint, bottles of bleach, gas cans or other flammables.
- · Have rugs and draperies cleaned before packing
- · Don't pack important



documents, money and jewelry in the moving

- · Label each box on the top
- and sides.
- · Save room by using towels and blankets to wrap fragile items.