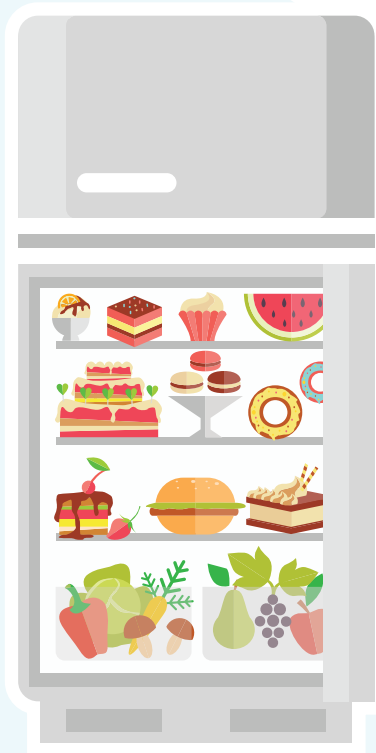


## Stage 1. Preparation



### Emptying the fridge

Empty your fridge before moving, including the freezer, drink compartments, salad draws and any other areas.

### Turn it off 24 hours before moving

This will let the motor shut down completely, allowing the interior components to fully defrost and settle. This can take some time, so leave at least 24 hours before the move and leave the doors open while defrosting to speed up the process.

### Give it a Good Clean

Once the fridge is unplugged, the interior temperature will, of course, start to rise. This kind of environment is a favourable breeding ground for mould and bacteria, so before you move your fridge and once it is empty, give it a thorough and deep clean using a sponge and a cleaning mixture of water and baking soda.

### Prepare for Transportation

Use tape to fully secure all loose elements inside the fridge so that they don't bounce around or shift when inside the vehicle. If you have the materials, it's better to take them out entirely and move them separately in their own bubble wrap and containers. To finish the job, securely tape all doors shut using very strong tape, bungee cords or moving straps.

## Stage 2. Transportation

### Load the fridge

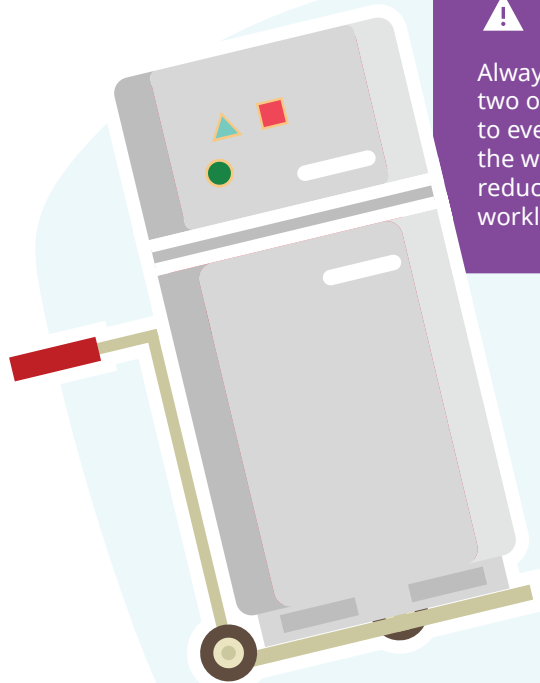
Moving the fridge will be influenced by the type of property you're moving it out of, and the type of property it'll be moved into. Broadly, you'll have two options:

#### 1. Dolly

One of the easiest ways to move a heavy object, a moving dolly has wheels which can take a lot of the load. To get it on the dolly, tip your fridge just a little bit to slide the dolly underneath before securing the unit with moving straps or rope. If you have to deal with steps, ensure to back the wheels up against each step, lifting the fridge one step at a time. If there's a ramp, always have one person in front of the dolly and one behind to make sure it doesn't get out of control.

#### 2. Manual lifting

If you don't have access to a dolly to move your fridge, you'll need moving straps to carry the appliance or you'll be putting a lot of weight on your fingertips, which can cause injury and pain. Remember to always lift with your legs (not your back) and take your time.



### ⚠ Stay safe

Always move with two or more people to evenly distribute the weight and reduce the overall workload.

# Stage 3 - Reinstallation



## Unloading and placing

You're nearly there! To unload, simply do the steps already mentioned above. Use care, take your time and make sure that you have the manpower to do everything safely.

When you've finally gotten your fridge into its new location let it stand upright for an equal amount of time (especially with a fridge on its side) before plugging it in. If it was on its side for more than a day, leave standing for 24 hours before running.



Also, make sure that the surface is even, which will help avoid loud compressor noise or other mechanical issues.

## Settling down

If your fridge was transported on its side to your new home, you should leave it standing upright for 24 hours so that all internal fluids and mechanics can return to their original position. Once this time has passed, you're ready to switch it back on and get your food and drink back to their rightful place.

So there you have it, moving tips for your fridge. Also please visit our website to read our guides on Moving During Covid-19 and tips on Avoiding Moving Stress.



If you need help moving a fridge please  
**call Zoom 1300 788 164**

[www.zoomremovals.com.au](http://www.zoomremovals.com.au)

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