



The Ultimate Couch Potato

Moving can be a traumatic experience. Adults can be subject to stress-related illnesses, kids and pets can get sick because of the disruption, plants can die, and couch potatoes ... oh, it's just a miserable sight to see. They've been known to go insane ... drooling and wandering in circles ... and short of caging them up, they are inseparable from their cushions and remotes.

Here's proof ... this truck is piled with furniture, including a television and a couch. Right there in the middle, yup, it's a wild couch potato. You can tell because of the blank stare and hunched posture. Now I know I'll start getting emails saying that it surely isn't proof of anything. This person might just be a trying to single-handedly hold down all that furniture so it doesn't blow away as the truck traverses from one point to the other.

I submit, however, that no *normal* person is stupid enough to do something like this, and it's a well-know fact that pure-bred couch potatoes have as much common sense as the vegetable they are named after.

Seriously, folks, moving yourself *can* be done safely. Just remember Newton's laws of motion, use rope, don't overload, and never, ever try to hold something down yourself. Use [risk management](#) to identify the hazards you face, and to implement controls. That-a-way you can enjoy that couch and TV when you reach your destination, without the bulky cast and neck-brace.