

Instructions for Using Shoulder Moving Straps

The moving straps recognized the need for your arms to be unconstrained. The need for stabilization, opening doors, and overall balance is all attained with the Shoulder Dolly.

Shoulder moving straps are typically a little more expensive than forearm moving straps, but well worth the extra cost.



1. Suit up. Position the harness moving straps over your shoulders, as pictured they should cross in the back, and the buckle should lay flat in front.

2. Buckle up. The long strap should be laid out underneath the object you're moving, running parallel. Attach one end to your harness, weaving it up and over the round bar.



3. Have your partner do the same. The other end of the strap should be attached in the same manner to your partner's harness.

4. Adjust. You'll want the length of the strap to be long enough to fit under the object and through both harnesses,

but if it is too long, you won't be able to lift anything off the ground. Bend down and adjust the length of strap woven through your harness' buckle accordingly.

5. Lift from your legs. With knees bent and hands positioned on the sides of the object for stability stand in tandem with your partner. You will be surprised at how easy it is to lift even heavy pieces of furniture!
6. Get moving! Carefully move in tandem with your partner, with one of you walking backwards while the other faces forward. Use your hands to stabilize the object as you walk. If you are moving a large object, small strides will make for the smoothest transport.

CAUTION:

1. The use of back protection, steel-toe shoes, and adult Supervision is recommended.
2. Anyone With a history of back problems or back pain should not attempt to lift, or in any way move furniture, appliances, etc.
3. Read instructions carefully before using Moving Straps.
4. Before each use, inspect the Lifting Straps carefully. Discard if there are any signs of wear, tear, or fraying.