SHOULDERDOLLY®
MOVING STRAPS MAKES LIFTING EASIER™

ShoulderDolly® Instruction Manual

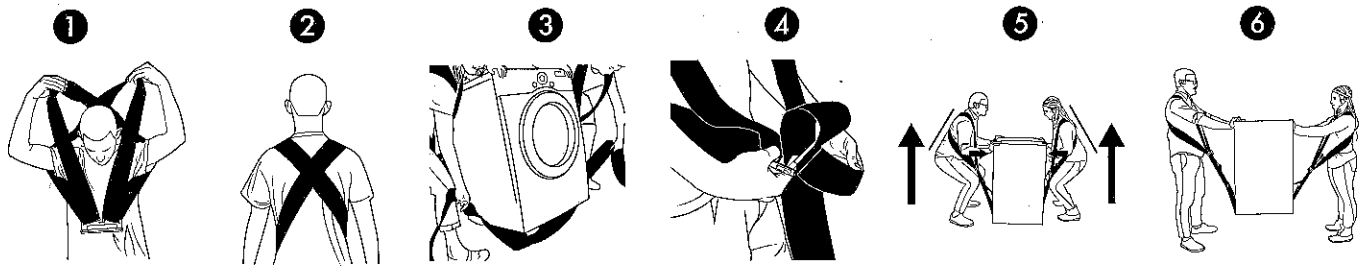
For LD1000/LD2000/LD2001
ENGLISH

READ ALL INSTRUCTIONS AND VIEW THE ONLINE VIDEOS ON SHOULDERDOLLY.COM BEFORE USE. DO NOT USE THIS PRODUCT UNLESS YOU FULLY UNDERSTAND THESE INSTRUCTIONS.

Manufacturer is not responsible for any misuse or misrepresentation of the ShoulderDolly.®

⚠ WARNING!

- The ShoulderDolly® does not make you stronger than you are without it.
- Steel toe shoes and back protection are always recommended.
- Do not use if you have physical limitations or injuries.
- Always clear path of travel.
- Know your lifting capability. The ShoulderDolly® is designed to lift up to 800 lb (370 kg) maximum.
- Keep consistent tension. Do not lift item from lifting strap. Slipping can result.
- Always inspect moving straps for signs of wear or damage before using. Do not use if straps are cut, frayed or damaged as this may reduce lifting capacity of the straps.
- Keep these instructions for future reference.



1. Each lifter puts on a shoulder harness like a t-shirt. (Metal buckle facing forward.)
2. Make sure the shoulder harness crosses in the center of the back. Pull buckle down to remove slack.
3. Place central lifting strap under the item to be lifted. Either by tipping item or sliding it under the item.
4. Thread lifting strap through metal buckle. First back then front.
5. With a straight back, bend knees slightly and adjust lifting strap to item being lifted until there is weight on shoulders. Place hands on the item, palms flat, fingers pointing up. To lift items higher bend knees more while taking in excess slack from lifting strap.
6. Confirm each other's state of readiness. When ready, simultaneously stand up and straighten your arms until elbows lock. ***Keeping your arms straight is key to stabilizing the object being lifted.***

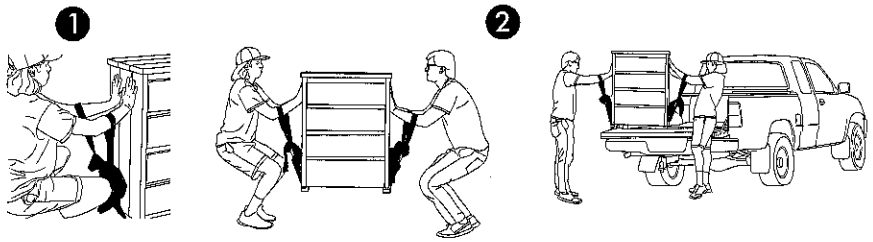
Tip: When first using the ShoulderDolly®, start with items that are light (small dressers, desks, mattresses, etc.), then slowly build up to larger and more complicated items.

Tip: When using the ShoulderDolly® on stairs, be sure to keep the item centered and lifting strap tension consistent. Arms must be kept straight, with elbows locked or slipping can result.

⚠ WARNING! Do not use both the shoulder harness and arm loops at the same time!

USING OPTIONAL SHOULDERDOLLY® ARM LOOPS FOR HIGHER LIFTS

Only use the optional arm loops for higher lifting (i.e. lifting onto a truck tailgate or loading dock), not while walking.



1. Insert lifting strap into tension buckle and adjust length. Position the loops on the forearm, near the elbow. With your back straight, bend your knees and adjust the strap for desired lifting height. Fold excess shoulder harness and lifting strap over metal buckle to avoid tripping.
2. Place palms flat on the item, fingers pointed up while communicating with your partner during the lift. Push arms straight out with a slightly upward angle for maximum vertical lifting. Replace arm loops into elastic when not in use.

Tip: Use a deeper squat when adjusting the lifting strap to lift item higher. The closer the buckle is to the bottom of object the higher you may lift object.

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