

MAKES LIFTING EASIER

SHOULDERDOLLY

SHOULDERDOLLY

MAKES LIFTING EASIER

PERFECT FOR MOVING:
BIG HOUSEHOLD APPLIANCES
LANDSCAPING ROCKS & TREES
LARGE FURNITURE
AND MORE!

**NO MORE DAMAGE
TO FURNITURE
WALLS or FLOORS**



US PATENT #7,331,493

ONE SIZE FITS ALL
box includes 2 harnesses and one strap

LIFT SAFELY • EASILY • EFFICIENTLY!

USE SHOULDERDOLLY® TO MOVE:

- DRESSERS
- WASHERS & DRYERS
- SOFAS
- MATTRESSES
- REFRIGERATORS
- DISHWASHERS
- LARGE ELECTRONICS
- FILING CABINETS
- AIR CONDITIONERS / HVAC
- LANDSCAPING AND CONSTRUCTION MATERIALS

BENEFITS:

- ONE SIZE FITS ALL
- LIFT SAFELY & EASILY
- LESS RISK OF INJURIES
- STAND UPRIGHT GOING UP OR DOWN STAIRS
- STRONG & DURABLE
- ADJUSTS EASILY TO FURNITURE SIZE
- INCREASES EFFICIENCY
- LESS BACK STRAIN
- ERGONOMIC DESIGN

SHOULDERDOLLY

MAKES LIFTING EASIER

**Recommended
Carrying Capacity
UP TO 800 LBS.**



The SHOULDERDOLLY® is a revolutionary new way to move big, heavy and bulky objects easier.

Using natural leverage, the SHOULDERDOLLY® allows two lifters to maintain proper upright posture while moving any heavy object. The sturdy harness fits comfortably over your shoulders. By using your legs (your strongest muscles), SHOULDERDOLLY® significantly decreases strain and the risk of injury to your lower back, hands, biceps and forearms. The SHOULDERDOLLY® won't make you any stronger than you are without it, but it is ergonomically designed to promote and facilitate proper lifting techniques.



TO USE THE SHOULDERDOLLY® CORRECTLY:

- 1) Pull the harness over your head like putting on a shirt — make sure the buckle is in front of you and the word "FRONT" is facing up toward your face.
- 2) Place 5" wide lifting strap under the bulk of the weight of the object you wish to move.
- 3) Bend your knees — the deeper you bend, the higher the item will be lifted.
- 4) Weave the lifting strap through the buckle as shown (see photos right) or go to www.shoulderdolly.com.
- 5) Adjust the length of the strap. Each person should have an equal amount of strap between the object and the buckle.
- 6) With straight arms, push against the object you are moving (VERY IMPORTANT!).
- 7) Both people should lift slowly with their legs at the same time — balancing the object with their outstretched arms.
- 8) Communicate at all times with your lifting partner.



ONE SIZE FITS ALL



8 95678 00007 6

WWW.SHOULDERDOLLY.COM

MADE IN CHINA

Model #2000 - Light Duty