

Shoulder Dolly - Instructions

Following are general instructions for using the Shoulder Dolly®.

An Instructional Video and complete instructions come with every order.



Step 1

Each harness comes fully assembled. 2" wide webbing is sewn onto the upper portion of each harness. You wear the harness in the same manner as a vest. The area where the webbing is sewn onto the harness rests on your shoulders.

There are two tension buckles fixed to the harness. These tension buckles should rest to the front of your shoulders. The two triangular pieces of hardware should be resting at your sides.



Step 2

Each harness has one specialty tension buckle and two carabiners. The two carabiners attach to the buckle through the holes located on the specialty tension buckle.

The two carabiners are then attached to the two triangular pieces of hardware that glide along the webbing.



Step 3

Two people should be wearing an assembled harness with their specialty tension buckle attached.

Next, the extra wide webbing is attached to each of the tension buckles. Each person works with an end of the webbing, making sure that the webbing is flat (not twisted).

The ends of the webbing run behind the two bottom bars of each specialty buckle over and around the middle slide bar and back between the middle slide bar and the bottom bar of the specialty buckle.

Adjusting the length of the webbing is very easy. To decrease the length of the webbing between the buckles, pull more webbing through one or both of the specialty buckles.

To increase the length of the webbing between the buckles you can lift one or both buckles horizontal and pull on the body portion of the webbing.



Step 4

The extra wide webbing must be placed underneath the object to be carried. There are a number of methods of getting the extra wide webbing underneath an object. Either tip the object slightly and slide the webbing underneath the object or if the body of the object you are carrying is elevated off of the ground by its legs, simply slide one end of the extra wide webbing (before it is attached to the specialty buckle) underneath the object and pull the webbing through when it reaches the other side.



Step 5

When the webbing is underneath the middle of the object to be carried (centered in a way that will keep the object balanced), both individuals squat slightly and adjust the length of the webbing until it is taut. This will leave each lifter with his/her legs partially bent, in a semi-squatting position.

Next, both lifters push back from the object with their open hands. When both lifters are ready to lift, the object is lifted by straightening the legs simultaneously.



