

# Hejny Rentals, Inc.

Contractor, Lawn & Garden, and Party Equipment Rentals  
1829 White Bear Ave. - Maplewood, MN 55109  
**Phone: 651-770-3841 – Fax: 651-770-1725**  
**www.hejnyrental.com**

## TDT SHOULDER DOLLY Light Duty (400 lb. Maximum)

**Warning!** The Shoulder Dolly Light Duty lifting system does not make you any stronger than you are without the system; rather it encourages safer lifting technique.

**Warning!** Don't lift anything heavier than you would normally and/or comfortably lift. You are learning a new system of moving things. Take your time and be patient. Learn to use the system by starting with items that are very light (e.g. small dressers, desks, etc.) then slowly build you and your partner's own confidence and comfort level.

**Warning!** This product is designed specifically for the occasional user. The weight limit on this system is 400 lbs. If you notice any wear on the stitching or fraying of the webbing, replace immediately. For heavier applications and/or everyday use we recommend that you use the Shoulder Dolly Original. For additional information regarding this system contact TDT Moving Systems, Inc.

### Assembly

The standard two-person Shoulder Dolly Light Duty lifting system sold by TDT Moving Systems, Inc. comes with two harnesses and one 12' length of 5" wide webbing. Longer or shorter lengths of the webbing may be purchased through TDT Moving Systems, Inc.

### Putting the harness on

Step 1: Each harness comes fully assembled. Both lifters wear a harness. **The harness can only be worn correctly one way.** Begin by laying the harness flat on the ground with the side of the buckle labeled "Front" facing up. Pick the harness up so that the "Front" of the buckle is facing away from you. Spread the two pieces of webbing directly in front of you apart. Your right hand will go through the loop on the right. Your left hand will go through the loop on the left. Next, lift the harness over your head and put it on like you would a shirt. The point where the webbing crosses should rest between your shoulder blades and the buckle should be near your waist in the front, with the side labeled "Front" pointed away from you.

### Threading the webbing through the buckles

Grab an end of the webbing. Lead the webbing from the back of the buckle up through the open slot. Lift the slide bar that is on the buckle up and thread the webbing back through the opening (Photo 7). Perform the same task for the other harness.

### Adjusting the webbing

Prior to lifting an object the webbing can be adjusted for differences in the height of the lifters and differences in the size of the object being lifted. To decrease the length of the webbing under the object being lifted, pull more webbing through one or both buckles. To loosen, lift one or both buckles so that they are level and pull the needed amount of webbing out. You adjust by pulling the webbing down so that it is perpendicular to the buckle.

### Placing the webbing under an object

You can place the webbing under an object a number of ways. You can tip the object slightly and place the webbing underneath. Both lifters can tip the object and set the webbing together prior to threading the webbing together. Prior to threading the webbing through the buckles one lifter can tip the object while the other lifter places the webbing. If the object is off the ground with legs or wheels then you may be able to slide the webbing under the object across to the other side.

### Lifting

Step 1: Make sure the webbing is placed in the position where the object being lifted will be balanced (for example, if the object is front heavy, place the webbing closer to the front of the object).

Step 2: Both individuals squat and adjust the length of the webbing until it is taught. Make sure that the buckles on each side of the object are approximately the same distance away from the ground. A good starting point for two lifters of average height is to have the buckles approximately 2 feet away from the ground when the webbing is taught.

Step 3: Both lifters push back from the object with their open hands farther apart and/or on the corners of an object typically leads to better control. Both lifters' backs are straight and upright. They are in the correct lifting position. When both lifters are ready to lift, the object is lifted by pushing with the arms and straightening the legs simultaneously.

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### **Going up/down stairs**

When the lifters are going up or down stairs, the length of the webbing between the buckles must be decreased, making the object higher off the ground when it is lifted. If the object feels like it is crowding your feet when going up stairs, then it is NOT high enough. The lifter that will be lower on the stairs should extend their arms before going up or down stairs. When on the stairs the top of the object will be tilted toward the bottom lifter at approximately the same angle as the stairs, and the bottom lifter will be supporting some of the weight by pushing with their arms. If the bottom of the object slides along the webbing when going up or down stairs then the lifter that is lower on the stairs may need to place their hands lower on the object prior to going up the stairs. Also if the object is very light then you may not need to extend the arms as much when going up or down stairs.

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