

CAUTION:

- For anti –slipout mode, be sure to x-cross straps underneath furniture that has flat bases (i.e. with no legs)
- Be sure to inspect each strap for rips, tears or fraying before each use. Do not ever use in those conditions.
- The use of back protection, steel-toe shoes and adult supervision is always recommended while attempting/lifting relatively heavy objects.
- Attempting/Carrying furniture for anybody with, and/or having historic back pain/problems is not recommended.
- Before moving furniture, always clear the path chosen for safety.

INSTRUCTIONS:

TO LIFT:

- Lay each strap on the side of furnishings (like refrigerators) that are flat based. Then, tip and kick each strap underneath. Finally, x-cross the straps for anti-slipout mode. OR on pieces that have strong/sturdy legs simply slide both straps under the item.
- Grab ends of straps individually, 2 per person, with each hand
- With your back straight, bend only slightly at the knees and choose desired length by inserting arms in openings provided to adjust length.
- Position arms at 45 degree angles upward from elbow to wrist.
- The strap opening chosen should be right at the base of your elbow, but entirely on your forearm.
- Place your hands on the corners of the furniture, palms open and thumbs facing up.
- Confirm each other's state of readiness.
- When ready, lift by straightening legs slowly.

TO LOWER:

- Find a level and large enough area that can withhold the weight and size of the item carried.
- Confirm each others state of readiness.
- With your back still straight, bend slightly at the knees until the piece is lowered safely on the floor.

