

STEADYLIFTER™

BY SHOULDERDOLLY

WHEELBARROW ASSIST STRAP



1



2



3

MAKES LIFTING EASIER™

LIFT SAFELY • EASILY • EFFICIENTLY

Distributed By:
NIELSEN PRODUCTS, LLC
PO Box 243, Boulder, CO 80306, USA
Designed & Engineered in Boulder, Colorado
Made in China



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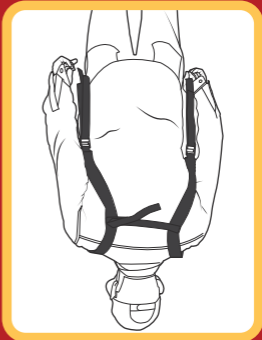
PATENT PENDING

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www.shoulderdolly.com



STEADYLIFTER™ IS A LIGHTWEIGHT
HARNESSTO ASSIST IN LIFTING,
STABILIZING & MOVING HEAVY
LOADS WITH YOUR WHEELBARROW

STEADYLIFTER™

BY **SHOULDERDOLLY™**

READ ALL INSTRUCTIONS BEFORE USING THIS PRODUCT!

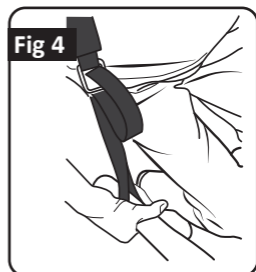
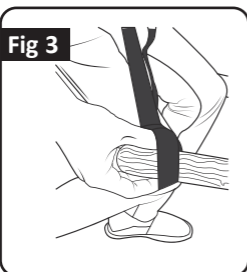
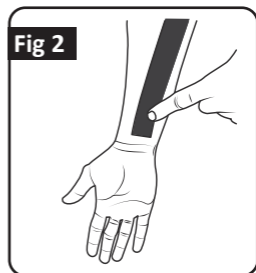
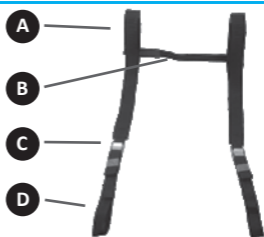
WARNING: The Steady Lifter™ does not make you any stronger than you are without it, but the system is ergonomically designed to promote and facilitate proper lifting techniques. Never lift anything heavier than you would normally and/or comfortably lift. We encourage you to watch the instructional videos on the www.shoulderDolly.com website. Start with items that are very light when first using the system. Slowly build up to larger and more complicated items and locations.

WARNING: Inspect before each use. Replace immediately if webbing or stitching is worn or frayed.

WARNING: Always keep this instructional manual with the Steady Lifter™. Make sure that new users refer to this instructional manual and videos on the website (www.shoulderDolly.com) prior to using the system.

WARNING: DO NOT WASH. KEEP AWAY FROM FLAME. USER ASSUMES ALL LIABILITY FOR INJURIES OR DAMAGES.

- A - Shoulder Loops
- B - Hook & Loop Strap
- C - Cam Buckle
- D - Wheelbarrow Handle Loops



1. Put SteadyLifter harness on like a vest, with the hook and loop strap on your back (**Fig 1**).
2. Adjust hook and loop (**B.**) so shoulder straps do not fall off your shoulders (**Fig 1**).
3. Adjust both wheelbarrow handle loops (**D.**) to approximately one inch above wrist (**Fig 2**).
4. In squat position, open wheelbarrow handle loops with hands while sliding loops over the wheelbarrow handles (**Fig 3**).
5. Hold wheelbarrow handles with hands (**Fig 4**). Lift using legs with back straight.

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