





Slide the lifting strap underneath the object you are moving.



2

Both people take a shoulder strap and slide an arm through one of the ends. Bend down and thread the other end of the shoulder strap through one eye of the lifting strap.



(3)

Slide your other arm through that end of the shoulder strap.





At the same time as your partner, slowly lift the object by straightening your legs, balancing the object with your hands.

#### **Shoulder Strap:**

The shoulder strap can be used in the preferred cross pattern by putting each end of the strap around your head and shoulder or in a standard pattern by putting each end of the strap around your shoulder.

# Cross Pattern (preferred)



# Standard Pattern



### **Helpful Hints:**

- To lift the object higher, simply choose an eye on the lifting strap that is closer to the object (or further way to lower the height)
- Try to center the weight of the object on the TeamStrap and not necessarily the width (i.e.: a big screen TV is heavier on the side the screen is on so you want to slide the longest strap towards the screen to compensate for the extra weight

#### Liability Disclaimer – Limitations of Warranties

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