

IMPORTANT

READ AND UNDERSTAND ALL INSTRUCTIONS BEFORE USING THE READYLIFTER®

WARNING ! Serious injury or damage could result from improper use.

The READYLIFTER® will not make you any stronger than you are without it.

The system is ergonomically designed to promote and facilitate proper lifting techniques.

Never lift anything that is heavier than you would normally and/or comfortably lift. Lifting with the READYLIFTER® involves a specific technique. When first using the system, start with items that are very light (small dressers, desks, mattresses, etc.) then slowly build up to larger and more complicated items and locations, such as stairs.

This product is designed specifically for the occasional user. The recommended carrying capacity for the READYLIFTER® is up to 600 lb / 270kg. Example: If you and your lifting partner cannot normally squat 600 lb / 270 kg (300 lb / 135 kg each) you will not be able to lift 600 lb / 270 kg with the READYLIFTER®.

Always keep this instruction sheet with the READYLIFTER®. Make sure that new users refer to this instruction sheet prior to using the system. The READYLIFTER® should only be used by two adults. It should not be used by persons injured, pregnant or children. Only lift one object at a time. It is a system for two people, do not attempt with one person. This product is designed to carry objects, not people or animals. These are examples only; the product may be hazardous if misused.

The READYLIFTER® is a system for lifting heavy and bulky objects by using leverage. The READYLIFTER® is a two person lifting system that allows people to maintain an upright posture while moving any object. By using the webbed harness over your shoulders and lifting with your legs, the mover will significantly decrease strain and risk of injury to the lower back, hands, biceps and forearms.

Steps to ensure a successful and safe lift:

1. Place the harness over your head with your arms through the loops. (A) The harness will create an "X" on your back. (B) The 'Lock Box' (where the lifting strap threads under the metal and red bars) will be on your chest. The red webbing bar should be on top, chrome plated metal bar on the bottom. (C)
2. Each person lifting should stand facing one another on opposite sides of the object to be lifted. With each lifter holding one end of the lifting strap, gently tip the item and slide lifting strap underneath. Make sure the strap is not twisted and lies flat under the heaviest part of the object.
3. Follow these steps exactly to thread the Lock Box: Thread the lifting strap from the bottom up behind the chrome plated metal bar and behind the red webbing bar on the harness. (C) The lifting strap end then should be routed over the top of the red webbing bar (D) and down behind the flat chrome plated metal bar. (E) Pull the webbing through the buckle until tight. (F)
4. Bend your knees in order to adjust and tighten the lifting strap under the object— the deeper you squat, the higher the item will be when lifted. Most items only need to be lifted a few inches (cm) off the ground.
5. To adjust the length of the lifting strap: Use one hand to push the webbing up behind both the chrome plated metal bar and red webbing bar (C) while pulling the webbing down through the Lock Box with the other hand. Continue pulling until you are not able to stand up without the harness pulling on your shoulders. Each person should have approximately equal amounts of strap between the object and the Lock Box. Extra webbing should be tucked into the Lock Box to avoid tripping.
6. To Lift: Simultaneously push against the object with your arms and slowly straighten your legs — Hold the object as needed with your hands to keep it balanced.
7. As you stand up and walk with the item, it is very important to **PUSH** your arms straight against the object you are moving. Your arms should lock at the elbow. (G – straight arms / push against object).
8. Communicate at all times with your lifting partner. Visit www.readylifter.com to see the video.



A



B



C



D



E



F



G

Box Contains: (2) Lifting Harnesses, (1) Lifting Strap – 3 in x 12 ft (7.6 cm x 3.6 meters), instructions.

www.ReadyLifter.com

Tel: 800-217-1114

Liability Disclaimer – Limitations of Warranty

Having no control over the use of the READYLIFTER®, Nielsen Products, LLC assumes no liability for any loss, damage, injury, or expenses arising out of the use or inability to use our product. The instructions included are presented for initial guidance but the READYLIFTER® suitability must be determined by you and your specific needs. Nielsen Products, LLC makes no warranty of any kind, expressed or implied.

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Rev 06/2014