

THE BODY SHELF HARNESS INSTRUCTIONS

The Body Shelf is a wearable, lightweight harness designed to assist in manually moving objects while promoting proper carrying techniques. The Body Shelf is designed to reduce muscle strain and fatigue to the neck, shoulders, arms and back. The easily adjustable harness straps ensure a proper fit for all body types and sizes while properly distributing the weight of heavy objects. The harness' secure closure is safe and easy for a user to put on and take off without assistance. Users should always adhere to proper carrying techniques while using this harness.

Sizing/Fit Instructions

The Body Shelf Harness is adjustable for sizes small through 3XL. To wear and ensure proper fit, please do the following:



Figure 1

1. Lay the harness out on a flat surface with the plastic bracket and waist and shoulder closures facing up, (Figure 1).



Figure 2

2. Resize the two harness shoulder straps by lifting the hook and loop connector on each shoulder strap. Replace with the bottom of each shoulder strap placed over the corresponding sizing rectangle, (small through 3XL), that you wish the harness to fit, (Figure 2). The selected size markers should be covered by each shoulder strap.

PLEASE NOTE: It is recommended that each shoulder strap be fitted to the same size.



Figure 3

3. Resize the harness waist belt by lifting the hook and loop closure on both sides of the waist belt, (Figure 3), and replacing the inside portions over the inside of the sizing rectangle, (small through 3XL), that you wish the harness to be, (Figure 4). The selected size markers should both be covered by the two waist belt straps.



Figure 4

PLEASE NOTE: It is recommended that both sides of the waist belt be fitted to the same size.

4. Fit and tighten all connections, straps and clips so harness is snug to body. **PLEASE NOTE:** Not all bodies and sizes are shaped alike. If after sizing and trying on the harness, it is too loose or tight, take off your harness and resize until the harness fit is snug.

Carrying Bracket Installation & Use



Figure 5A

1. Once the harness is properly sized, connect the carrying bracket to the harness with the four metal clips, (Figure 5A & B).



Figure 5B



Figure 6

2. Tighten the carrying bracket straps to position the shelf 1” below your navel. After positioning, tighten the straps so it is snug to your abdomen, (Figure 6).
3. Objects carried on the bracket should be held with both hands and the object held tight to the body.

Lifting & Carrying While Wearing the Harness

1. Keep objects on the carrying shelf as close to your body as possible.
2. **ALWAYS** hold the object with both hands.
3. Keep your back in a straight, neutral position.
4. Lift with your legs, NOT your waist or back.
5. Use a wide stance for balance.
6. Pivot with your feet to avoid twisting.

Lifting and Carrying Do's & Don'ts

Do's

- Always make sure you are wearing shoes that allow for good footing and do not increase the possibility of tripping.
- Warm-up. Stretch your lower back, legs and particularly hamstrings prior to lifting.
- Determine if the weight of the object to be lifted requires a lifting device rather than manual lifting. If the item is too heavy or bulky, use a lifting device and ask for help as needed.
- Check your pathway before moving the object. Make sure the pathway is dry and clear of debris. Remove any tripping hazards in the pathway.

Don'ts

- Don't hold your breath while lifting or carrying.
- Don't bend or twist at the waist while lifting or carrying.
- Don't use a partial grip (1 - 2 fingers) on the object being lifted and carried.
- Don't obstruct your vision while lifting and carrying.
- Don't jerk or lift the object quickly.

OSHA Weight Limit Recommendation

The Occupational Safety and Health Administration's (OSHA) weight limit, based off the NIOSH Lifting Equation, recommends the weight limit for individual lifting to be 50 pounds. When lifting more than 50 pounds, it is recommended to use a lifting device or two or more people.

30 DAY LIMITED WARRANTY

FLIPO GROUP warrants to the original purchaser, when used in North America only, that this product shall be free of defects in material and workmanship. This warranty applies within 30 days of the original purchase with normal home use. This warranty does not apply for commercial use of this product. Use outside of North America is not covered by this warranty. During the warranty period, we will, at our option, repair or replace this product without charge, which shall be the consumer's sole remedy. ALL RETURNS must be accompanied by a Return Authorization Number, which is issued by the Customer Service Department of Flipo Group. Please contact Customer Service BEFORE returning any item. Once you have obtained a Return Authorization Number, the product must be returned with a clear copy of the proof of purchase, showing place and date of purchase, postage, and insurance prepaid to:

Flipo Group Limited, 613 First Street, La Salle, IL 61301

This warranty does not cover installation, adjustments in the home, nor damage due to accidents, misuse, abuse, fire or other acts of God, incorrect line voltage, damage to other equipment caused by improper installation, unauthorized or improper modification. This warranty gives you specific legal rights and you may also have other rights that vary from state to state.

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Questions or Comments?

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