

Step 1

Pull the appliance away from the wall and unplug it.

Step 2

Turn the appliance so that the heaviest side is facing the dolly.

Step 3

Measure the width of the appliance to find the center point. Position the dolly so that its center aligns with the appliance's center; ensure that the lift plate of the dolly is facing the appliance.

Step 4

Unwrap the safety strap from around the dolly and hold it in your left hand.

Step 5

Ask someone to tilt the appliance up off the floor 1 to 3 inches away from the dolly. Slide the dolly lift plate beneath the appliance until the upright face of the dolly is flush with the back face or side of the appliance.

Step 6

Lift the electric cord of the appliance and tape it to the appliance by wrapping a piece of packing tape all the way around the appliance with the cord inside the tape.

Step 7

Wrap the safety strap around the appliance and bring it back to itself. Thread the loose end of the strap through both rings, then loop it back under the first ring and pull the strap tight so the appliance is bound tightly to the dolly.

Step 8

Turn the strap handle on the dolly to the right or counterclockwise to lock the strap in place.

Step 9

Stand behind the dolly and put your right foot on the wheel axle. Step back a foot or two with your left foot.

Step 10

Ask the helper to push back on the appliance while you pull back on the dolly handle to cradle the weight of the appliance on the lift plate of the dolly.

Step 11

Travel backward with the dolly to go up stairs or ramps. Have a helper push and lift while you pull and steer the wheels of the dolly in the right direction.

Step 12

Move the appliance to where you want it and then slowly tilt the dolly forward until the appliance rests squarely on the floor. Undo the strap. Tilt the appliance up to remove its weight from the lift plate and slide the dolly out from beneath it. Rewrap the strap around the dolly.