

1. Set up your forearm forklift straps

The U-Haul Forearm Forklift straps do not require any assembly. To get started, simply remove the straps from the packaging, unravel and separate. There should be two straps.

2. Place the straps under the item

Tilt the item slightly so that one end raises a few inches off the ground, then slide the strap underneath, making sure it lays flat and does not twist. Repeat this for both sides so that there is a strap lying flat underneath your item on each side.

3. Cross the straps

With both straps lying flat underneath the item, cross the straps on both sides so that the straps will make an 'x' underneath the item. This creates a more balanced and stronger carrying base.

4. Attach the straps to your forearms

Each strap has three separate inserts; the high inserts are for taller items, the middle inserts are for medium-sized items and the low inserts are for shorter items. Slide your arms into the appropriate inserts and position each strap about one inch from your elbow joint.

5. Lift and move your item

Place your hands flat on the item in front of you and pull the strap tightly. Keep your back straight and knees bent, then lift straight up. Be sure to communicate with your partner so you are both lifting at the same time.

6. Set your item down and remove your straps

To place your item on the ground, keep your back straight, bend your knees and slowly lower your item until it's flat on the ground. With the item in place, you can remove your elbows from the inserts and gather your straps.