

SUBJECT	TEAM LIFTING METHODS
Video:	Located on the AFRA members website under Videos/Furniture & Effects

HOW TO LIFT ITEMS AS A TEAM

TEAM LIFTING TABLES



Most tables are carried on their side. All marble tables must be carried on their edge. Carrying flat may cause the marble to crack. The exceptions to this would be very heavy antique tables, with a central support

STEP 1: Tilt the table forward. Bend your knees and keep your back straight. Put one hand on the leg down low and the other hand on the edge of the table.

STP 2: Watch your teammate as your hands should mirror each other.

STEP 3: On the count of 3, lift the table to waist height and then use your knee to support it while you quickly adjust your hands. Bring your top hand down level with your bottom hand. Work together.

STEP 4: Reverse this process when putting the table down.

CARRYING A TABLE THROUGH A DOORWAY



If there is danger of the table edges or the door frame being damaged when moving through a doorway, wrap the table in a pad before lifting.

STEP 1: With the table on its side, the front legs of the table go through the doorway first.

STEP 2: If the doorway isn't wide enough to carry the table out easily, the front legs should go through first but pointing away from the door. The table is then moved around the door frame with the rear legs following in the semicircular pathway.

TEAM LIFTING A LOUNGE



STEP 1: Tilt the lounge forward. Bend your knees and keep your back straight. Put one hand on the bottom back castor or leg and the other hand on the arm.

STEP 2: Watch your teammate as your hands should mirror each other.



STEP 3: On the count of 3, lift the lounge to waist height and then use your knees to support the lounge while you quickly adjust your hands. Bring your top hand down level with your bottom hand. Work together.

STEP 4: Reverse this process when putting the lounge down.

TEAM LIFTING A CHEST OF DRAWERS

Essentially the procedures are the same but you must be aware of your partner at all times.

STEP 1: Bend your knees, keep your back straight, place one hand on the top of the drawers and one on the bottom.

STEP 2: Watch your teammate as your hands should mirror each other.

STEP 3: On the count of 3, lift the lounge to waist height and then use your knees to support the chest of drawers while you quickly adjust your hands. Bring your top hand down level with your bottom hand. Work together.

STEP 4: Tilt the chest back slightly so the drawers will not fall out, if they are still in place.

STEP 5: Reverse this process when putting the chest of drawers down.

