

SUBJECT	TYPES OF TROLLEYS USED BY REMOVALIST

USING A BARROW, SAMSON & DOLLY

USING A BARROW TO MOVE A FRIDGE

STEP 1: Check that the wheels of the barrow run smoothly and make sure there are no rough edges that could damage the items to be moved. If there are, you might need to use a blanket to protect the items or wrap and tape felt to the metal frame.

STEP 2: You should now be able to move the load very easily. Make sure not to overload the barrow. Make sure the door of the fridge is on the side with the handle facing down. This means that the door cannot swing open. Do not place the door against the arms of the barrow as this will cause damage. The doors are easily dented.



STEP 3: Put a foot on the barrow rail and with both hands on either side of the fridge to hold it in place, tilt the barrow back towards your body until the fridge is settled back against the handles. The handles should be at chest height or in a comfortable position for wheeling. Make sure the barrow is not tilted so little that the wheels cannot move freely and the load is unstable, or too far back making the load too heavy.

THE BARROW TO MOVE CARTONS

This is a barrow. It might also be called a trolley. It is used for moving boxes, white goods and metal cabinets. For this demonstration, we will show you how to lift 3 loads; 2 standard cartons, a fridge and a washing machine.

STEP 1: You should now be able to move the load very easily. Make sure not to overload the barrow.

Check that the wheels of the barrow run smoothly and make sure there are no rough edges that could damage the items to be moved. If there are, you might need to use a blanket to protect the items or wrap and tape felt to the metal frame.

STEP 2: You should now be able to move the load very easily. Make sure not to overload the barrow. To move the cartons, first tip the carton away from the barrow to enable the lip of the barrow to slide underneath. Securely place the carton square on the lip. When this is in place, using the



correct lifting techniques, place the second standard box on top of the first one, already on the barrow. Make sure the heavier box is on the bottom.

STEP 3: You should now be able to move the load very easily. Make sure not to overload the barrow. Put a foot on the barrow rail and bring the barrow back towards your body until the handles are at chest height or in a comfortable position for wheeling making sure you hold onto the front of the load to keep it against the back of the barrow. Make sure the barrow is not tilted so little that the boxes fall off, or too far back making the load too heavy.

STEP 4: You should now be able to move the load very easily. Make sure not to overload the barrow. You should now be able to move the load very easily. Make sure not to overload the barrow.

THE SAMSON

This is a Samson. It may also be called a piano trolley or a Sammy for short. It is used for moving heavy items and pianos on a flat surface.

HOW TO USE A SAMSON

It is important to have two team members working together when using a Samson. In this example, we will show you how to move a small piano. You can also move large side boards, and other like items with the Samson. One will position the Samson under the piano, while the other team member balances it allowing the Samson to be placed underneath. But first....



STEP 1: Check the Samson condition Check that the wheels of the Samson run smoothly and make sure there are no rough edges that could damage the items to be moved.

STEP 2: Prepare to lift the Item While one team member tips the heavy item towards himself, the other team member places the Samson underneath the item making sure it is under the long part of the item. The back of the item should be in line with the side of the Samson. Never place the Samson under the shortest length.

STEP 3: Complete the manoeuvre While the team member who placed the Samson holds it in place, the team member holding the item should lower the full weight onto the Samson and stand it upright. The movement should be smooth and deliberate.

STEP 4: Move the item together The team members should now be at each end of the item and together can wheel it to where it is to be slowed or placed.

STEP 5: Remove the Samson To remove the Samson, repeat the procedure in reverse.



THE DOLLY

This is a dolly. It is a flat tray on four wheels and is used for moving desks and some heavy furniture items.

HOW TO USE A DOLLY WHEN MOVING A DESK

Before using, check that the wheels of the dolly run smoothly and make sure the surface of the dolly is clean and with a protective covering so as not to damage the furniture.

STEP 1: Stand the desk on its end with the heavy part of the desk on the floor – usually the part with the drawers. If the drawers are heavy, these could be removed.

STEP 2: Tilt the desk towards you and have your partner place the dolly underneath with its top edge against the underneath of the desk.

STEP 3: With the load on the dolly, stand the desk up. The dolly should be fitting squarely underneath the item.



STEP 4: Check that the edges of the item will not be damaged when moving through the building, through doors or down corridors. If there is a danger of damage, wrap the item in a blanket before placing it on the dolly. With highly polished surfaces, always use a protective blanket before moving.

STEP 5: Wheel to the new position or out to the truck.

STEP 6: Remove the item from the dolly.

WALKING UP AND DOWN RAMPS



When walking down a ramp let the weight of the barrow work with you. It must go first. But do not let it take control and throw you off balance. When walking up a ramp, you go first pulling the barrow towards you. If the item is too heavy, have a teammate help by pushing as you pull. When moving items with drawers such as a filing cabinet, make sure the drawers are facing the barrow to prevent them opening.

