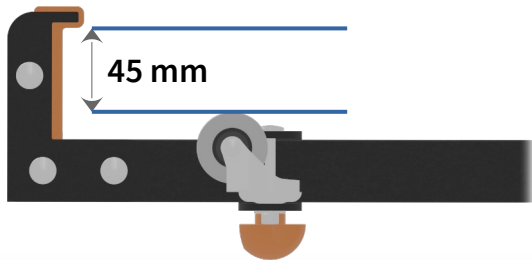
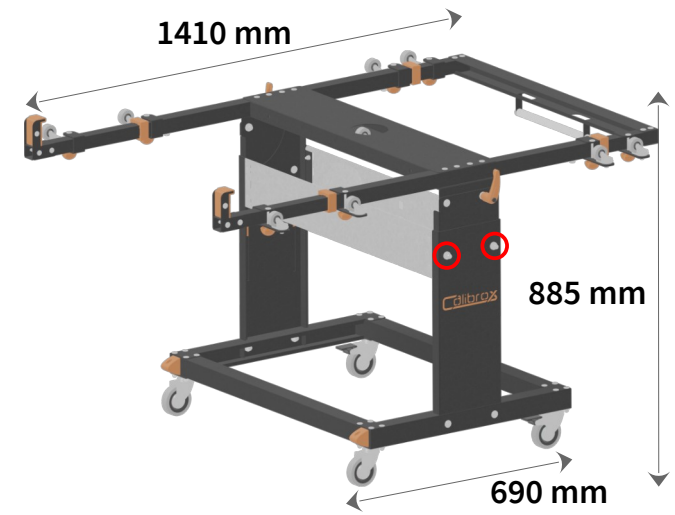
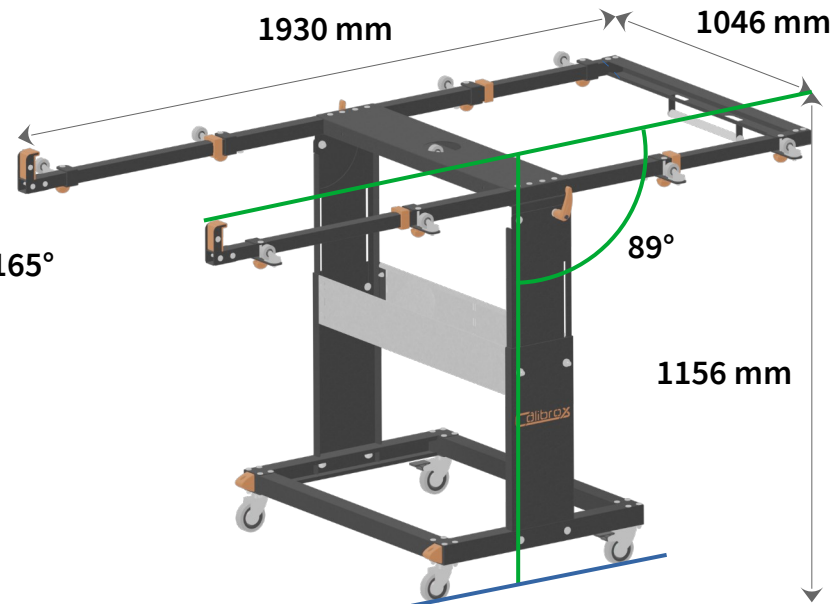


# Helper One



It is recommended not to exceed 50 Kg of load with only one worker in charge. 70 kg of load with two workers at a time is suitable.

It is recommended not to load layers over 2.80 m X 2.10 m, considering 2.10 m the height position. It is strongly recommended to use the brakes when manoeuvring.



It is strongly recommended once the working height is selected, adjust in a proper way the lateral nuts of both sides remarked on the top picture to make sure a right work.