

Looking for a side gig? Earn extra cash by Becoming a Dolly Helper

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Become a Dolly Helper

Use your truck, trailer, or just your hands to earn extra cash working whenever you choose.



Helpers

Make \$30/hr or more

I **have** a pickup truck, cargo van, or box truck and can lift over 75 lbs

[APPLY AS A HELPER](#)

Application process will take 5-10 days.



Hands

Make \$15/hr or more

I **don't** have a pickup truck but **do own a car** and can lift over 75 lbs to assist Helpers

[APPLY AS A HANDS](#)

Application process will take 5-10 days.

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Have questions before applying? See our Helper FAQ [here](#).

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Why Become a Helper?

Earn Real Money

Top Helpers can routinely earn over \$1,000 per week.

Get Paid Fast

No long waits to get paid. Helpers and Hands are paid every week for the previous week's activity.

No Price Haggling

Every Dolly comes with a guaranteed pay amount that you'll see before you decide whether to request it.

Work on Your Schedule

Work as much or as little as you'd like. You have full control over what

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Dollys you request. Go for only the ones that suit you.

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Help People

Dolly is about people helping people. Feel good knowing that you're helping your neighbors with work they couldn't do on their own.



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Helper Profiles & Stories

From Air Force veterans entering the world of tech to young couples trying to fund their travel adventures, each Dolly Helper is different. Get to know some of the members of our diverse Helper community at our [Unboxed Blog](#).



How Veterans Use Dolly to Join the Gig Economy



How One Couple Uses Dolly as a Happiness-Fueling Side Hustle

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Women Making Moves: Honoring Female Helpers on International Women's Day



From Taking Notes to Taking Dollys: A Student Athlete's Side Hustle



Have Truck, Will Work: How One Bostonian Turned His Pickup into a Full-Time Job

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Frequently Asked Questions

What is Dolly?

Dolly's mission is to create freedom of time, freedom of choice, and freedom from worry for our customers. We do this by connecting people looking for help lifting, loading, and transporting their items to people with trucks.

What will I be doing?

Dolly Helpers and Hands are independent contractors that help people city-wide with their moving and delivery needs by using their truck, trailer, or simply muscle.

What is the pay, and how am I paid?

Dolly Helpers are paid \$30+/hr.

Dolly Hands are paid \$15+/hr.

We use a third party service to make sure that you get paid every week. After you are approved on the platform and do your first Dolly, you will receive an email asking you to set up your account.

Dollies done in any Sunday-Saturday period are paid out the following Friday.

All payments are done through direct deposit.

What are the different positions available?

Dolly Helper: Using a truck, cargo van, or box truck, Dolly Helpers lift, load, and transport items.

Dolly Hands: Teams up with Helpers to assist with labor of lifting and loading items.

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Dolly Assistants: Know someone who is already a Helper? You can become their Assistant (subcontractor) and work with them on Dollys. To become someone's Assistant, email our team below and provide the name of the Helper you're interested in working with.

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What are the requirements to be a Dolly Helper/Hands?

Dolly Helper (truck + muscle):

- 21+ years of age
- Have a valid driver's license and auto insurance
- Have a pickup truck, cargo van, box truck, or vehicle w/ trailer model year 2000 or newer that is capable of safely and reliably moving items like a couch, bed, or desk
- Have an Android or iOS smartphone
- Be able to pass a background check
- Willing and able to lift/carry large bulky items like couches and desks (at least 75 lbs)
- Checking account for direct deposit

Dolly Hands (no truck required):

- 18+ years of age
- Have a valid driver's license
- Have a car, mini-van, SUV, or motorcycle/scooter to get you to and from Dolly locations
- Have an Android or iOS smartphone
- Be able to pass a background check
- Willing and able to lift/carry large bulky items like couches and desks (at least 75 lbs)
- Checking account for direct deposit

What are the steps to becoming a Dolly Helper/Hands?

Apply above! Complete your application by submitting your personal information and required documents. After that you have to sign the Helper agreement, pass the onboarding information session, and clear a background check.

I don't own a truck, can I still be a Helper?

If you have a vehicle with a trailer, yes. Unfortunately, if you do not have a truck, cargo van, or box truck you cannot be a Dolly Helper. Feel free to [apply to be a Hands](#) though!

What kind of work will I be doing?

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A lot of Dollys are small moves (moving a couple items like a table and couch from one location to another). There are also a lot of store deliveries, apartment moves, loading/unloading trailers and transporting items to/from storage units.

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How do I get Dollys?

When you are approved on the platform, you will receive access to the Dolly Helper app. The app will show you open Dollys in your area. You have the ability to view the details of the Dolly and request it if it fits into your schedule and your abilities.

If I have more questions, who do I contact?

Please contact helpers@dolly.com if you have any other questions.

How long will it take to get activated after I apply?

Your Helper application process will take around 5-10 days. This can vary due to background checks. Once you've submitted an application, be sure to check your email throughout the process as the Dolly team will reach out with next steps along the way. This ensures your application moves along as quickly as possible. Questions? Email us at helpers@dolly.com.

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