



INSTALLING TIRES

There are several ways to safely lift a tire to install it on the hub. Here is one of them. To lift a tire off the floor, be sure to use POWERLIFT[®] and tip the load before you lift it. Then to lift the tire up to the hub, use a wide stance with your knees bent. The wide stance allows you to get closer to the tire as you lift it plus you don't have to bend your knees as far as you use your legs. Never use your back to do a job like this. Instead, learn to use your legs and keep your back healthy and strong. That way, you will have the ability to enjoy and participate in life as you age!