



## LIFTING A TIRE TO THE CHANGER

Here is one way to lift a tire up to the changer machine. Instead of using your back, stand in a wide stance, bend your knees and roll the tire up your thigh. The wide stance and bend in the knees makes your thigh into a handy support onto which you can roll the tire. Then if you position yourself close to the changer you can transfer the tire directly to the changer without even moving your feet. If you are too far away, move your feet to get closer to the changer before you put the tire onto it. Using your legs is a great way to work and will keep you healthy throughout your working lifetime!