



WHEEL CHANGE

Changing a wheel is a heavy job and must be done with your legs. Out of necessity, most people do use their legs for this job. The key however, is to keep a <u>really wide stance</u> with your legs. That way the load is kept <u>off</u> <u>of your back</u> and you can create a nice <u>long reach</u> to move the wheel onto the spindle. The strength in your legs comes from keeping a wide stance as you work!

© Copyright Risk Management Consultants Ltd.