



INSTALLING A TIRE WITH A TRIPOD LIFT

Replacing a flat tire onto a hub is really hard on your back because as you lift it you have to move the weight of the tire away from you to get it onto the lug nuts. You need to keep the weight of the tire off of your back and make the job easier at the same time. You can do this if you get down on one knee in a Tripod position and roll the tire up onto your thigh. Generally the tire will then be at just the right height to slip the rim onto the lug nuts. The hardest thing on your back is when you lift a load and move it away from you. Always think of ways to keep the load off of your back and on to your legs by using **POWERLIFT**!