



LIFTING TIRES TO THE RACK

Here is a great way to lift a tire up to the top of the rack. Instead of lifting it with your back, step back with one foot to put yourself into a wide stance, then roll the tire up your thigh. That way your leg is holding the entire weight of the tire which will make the lift much easier. You can also use your knee to boost the tire up to the top rack using your leg all in one move. Using your legs like this will keep you from injuring your back which could easily put you out of work. Don't wait until you get hurt to get smart. Always use your legs as you go through your work day!