



LIFTING TRUCK TIRES TO THE HUB

Most mechanics will use a lever to lift a heavy truck tire up to the hub. But even this can be back work if you don't use your legs. To use the full strength of your legs for this job, take a wide stance and bend your knees. Then if you are using one hand for the lift, bridge your other hand to the tire for added strength and control. You can use both hands on the lever also, but make sure you are keeping your stance wide and knees bent for the lift. Always, use your legs!!