



STANDING A TIRE

You have a tire lying on the floor and it must be stood upright in order to move it. The last thing you would do is bend over and lift it with your back. Back lifting means that you will not only be lifting the weight of the tire but also the weight of your upper body. There are times the upper body weight is even greater than the weight of the tire! To eliminate your upper body weight, simply bridge one hand to your thigh while your other hand reaches down for the tire. Bridging will transfer the weight of your upper body directly to your thigh, by-passing your back and now you can use your upper body strength to help lift the tire. Don't drag and lift your upper body weight around all day long. Instead, learn to bridge—it will make your work day easier and not as tiring!