



STANDING A TRUCK TIRE

Here is a technique that you might like if you have to stand a truck tire. Begin by taking a Tripod stance (down on one knee), next to the tire. You will find this to be a really strong position to begin tipping the tire up. As the tire comes up, slide one of your knees under it. The weight of the tire is now on your leg and it will be easy to hold it there. Finally, while the tire is resting on one leg, come up with the other into a wide POWERLIFT® stance. From that position you can use your legs to finish standing up the tire.

There are lots of way to take you back out of your job. Be creative and use your legs. Your back will appreciate it!