

Proper Lifting Guidelines for Tires:

Tires and wheels are one of the most often handled parts of vehicles. The average wheel and tire weighs 70lbs, handling them incorrectly can cause serious injuries. The following guidelines will help to prevent employee injuries when handling tires.

- Always lift small – medium sized tires between the waist and the chest.
- Large tires should be handled in 1 of 4 ways:
 - Between the waist and the chest.
 - Just above the ground.
 - With the help of a fellow employee.
 - With the help of a mechanical object such as a tire handling device or cart.
- Tire rotations should be conducted by 2 employees.
- Tire rotations can also be conducted with the assistance of mechanical tire handling devices or carts.
- Tires should never be carried in the service shop.
- Tires should be rolled when being transported in the shop.
- Tires should also be transported by carts or dollies if they are available.
- Employees will take their time and not rush when lifting.
- When handling tires, employees will handle tires close to the body.
- If tires are large, employees will test the weight of the tire before fully lifting it.
- Employees will lift with their legs and not their back.
- If tires or the employee's hands are slick or oily, the employee will dry them off before handling tires.
- Tires should be lifted slowly and smoothly.
- When changing direction while transporting tires employees should turn their entire body.
- Twisting movements should never be conducted while changing directions.
- **NEVER** try to catch a tire if it begins to fall for any reason, let it fall and stop moving before attempting to retrieve it.

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