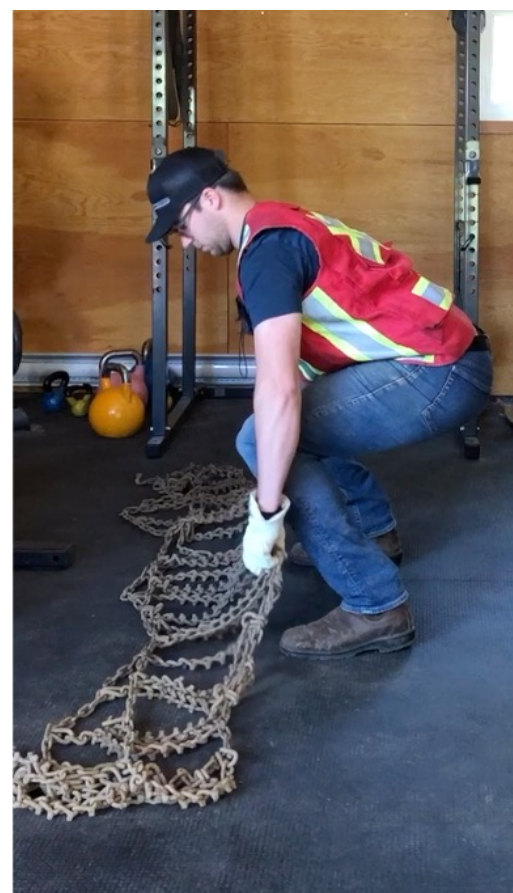




LIFTING TIRE CHAINS



- Lift chain off rack in part segments.
- Lay chain straight on ground.
- Stand on stable and level surface, check for slip hazards.
- Use a wide base of support.
- Contract abdominal 30% throughout lift.



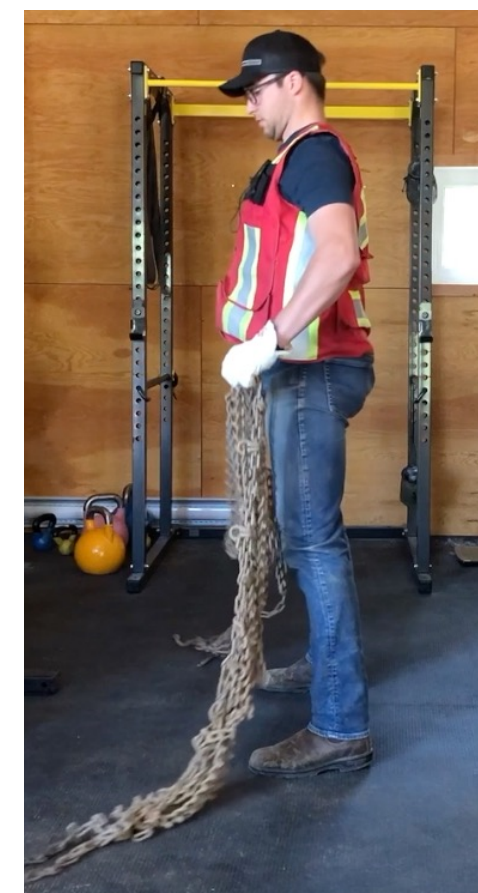
- Keep chin tucked and shoulders pulled back and down.
- Bend at knees and hips, with slight curve in low back.
- Lift with your legs.



- Maintain neutral wrist position.
- Do not twist while lifting.
- Never use your back like a crane.



- Lift with slow, smooth motion.
- Do not jerk on chains.



- Keep weight close to body.
- Do back extension exercises before and after bending.