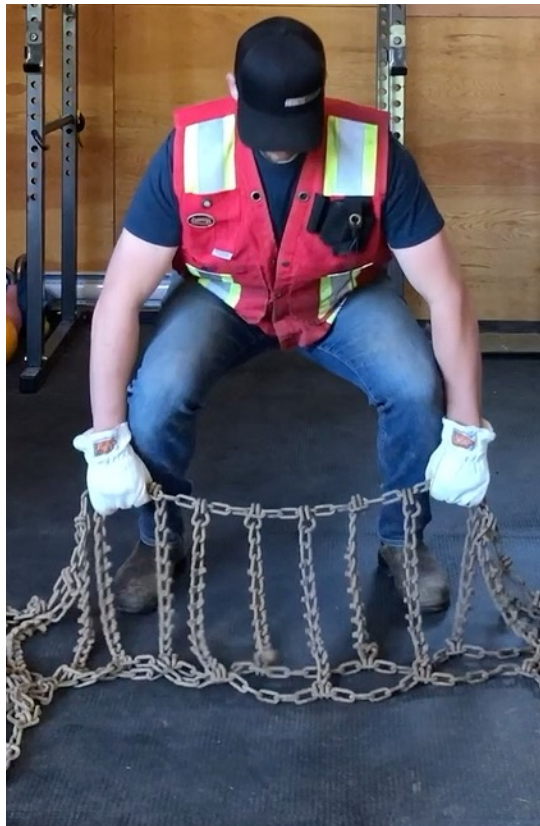




# PUTTING ON TIRE CHAINS



- Stand on stable, level surface, check for slip hazards.
- Stand with a wide base of support.
- Bend at knees and hips.
- Use both hands to hold chains.
- Lift with your legs.
- Do not twist while lifting.



- Keep chin tucked in.
- Keep shoulders pulled back and down.
- Maintain 30% abdominal contraction when reaching with chains.
- Keep chains close to the body when carrying.
- Walk with slow, small steps and be mindful of terrain.



- Keep neutral wrist position when reaching with chains.
- Use both hands to place chains on tires.
- Bring body and chains close to tire to reduce reaching distance.



- Fit chains to front tires first.
- Keep shoulders pulled back and down when laying chains.



- Don't stoop. Bend at the knees and hips to place back chains.
- Once chains are on first tire of the dually, flip front half of chain over second tire and adjust back half of chain in two separate movements.
- Use both hands to place chains on tires.