

# TIRE SHOP ERGONOMICS

## “THINK” BEFORE YOU LIFT

**T** = TOES AND NOSE FACE THE SAME WAY

**H** = HEAD AND CHEST LEAD THE LIFT

**I** = INCREASE YOUR BASE OF SUPPORT

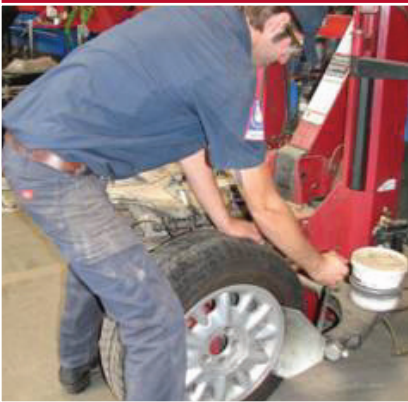
**N** = NEUTRAL SPINE

**K** = KEEP IT CLOSE



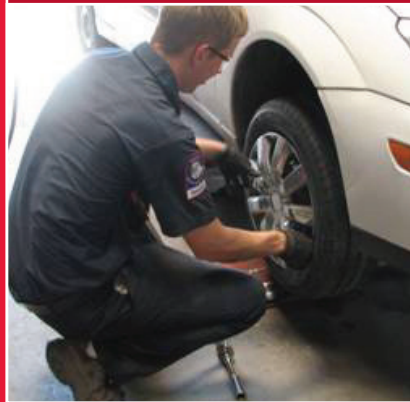
## TASKS & SOLUTIONS

### BEAD BREAKER



MAINTAIN NEUTRAL SPINE BY BENDING AT THE HIP AND KNEES

### MOUNTING TIRES



- KNEEL ON ONE KNEE AND ALTERNATE KNEES
- USE KNEEPADS

### GENERAL LIFTING



Utilize THINK principles  
**T** = Toes and nose face same direction  
**H** = Head and chest lead  
**I** = Increase base of support  
**N** = Neutral spine  
**K** = Keep it close

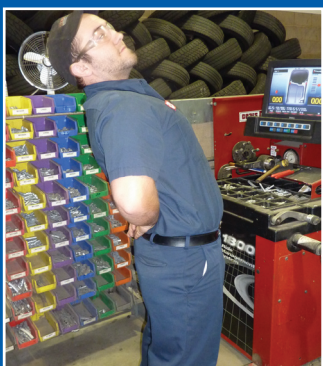
### MOUNTING TIRES



MAINTAIN NEUTRAL WRIST POSTURE

## STRETCHES FOR TIRE SHOP EMPLOYEES

Hold all stretches for 15 seconds and repeat 4 times each side of the body. Perform stretches 2-3 times per day, especially during breaks.



BACK EXTENSION



HAMSTRINGS = back of upper leg



PALM OF HAND AND THUMB



WRIST EXTENSORS = top of forearm



WRIST FLEXORS = bottom of forearm