

LANDING LIKE A PRO

Is there a better way to crank a lever?



FRONT

Starting with this method quickly lowers the landing gear but once the landing gear reaches the ground, it puts a lot of stress on the shoulders and can lead to an injury.



SIDE

Starting with this method puts a lot of stress on the lower back throughout the duration of the task and can lead to an injury.



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A BLEND OF BOTH IS IDEAL

Facing the trailer is best as you start lowering the landing gear because there's little resistance. However, switching your position to the side of the trailer and using **both hands**, uses more muscles to help you as the landing gear makes contact with the ground. When lifting the landing gear start with your position to the side using **both hands** and then switch once you feel less resistance on the landing gear.

Visit www.KeepTruckingSafe.org for more information on how to reduce your risk of injury.

