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.

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.

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.

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A BLEND OF BOTH IS IDEAL

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