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](http://www.KeepTruckingSafe.org) for more information on how to reduce your risk of injury.