A Health and Safety Solution

Tyre fitting – Fitting and removing wheels

What is the problem?
Manually fitting and removing wheels from passenger vehicles and 4WDs.

What are the risks?
Manually lifting a wheel onto/off a vehicle may involve exerting high force to lift and manoeuvre the wheel, and sustained force to align the wheel to the studs, regardless of the level of elevation.

It also involves bending, twisting and awkward postures.

This can cause musculoskeletal injuries to the shoulder, lower back and knees. Injuries can occur suddenly or gradually over time.

The risk increases as the size/weight of the wheel increases.

What is a solution to the problem?
Reduce the risk of musculoskeletal injuries by using a mechanical aid to lift and align the wheel.

Consider suspending air lines/leads to enable access.

Where the vehicle is minimally elevated, use a levered lifting device.

Train workers in the safe operation of lifting equipment and systems of work.

If these solutions are not practicable for you, talk to your suitably qualified occupational health and safety professional, industry association or union about other options.

Further Information

WorkSafe Advisory Service
Toll-free: 1800 136 089
Email: info@worksafe.vic.gov.au
worksafe.vic.gov.au

Relevant WorkSafe publications
Code of Practice for Manual Handling, 2000
Automotive Workshop Safety, 2004
Manual Handling in the Automotive Industry, 2005

Related WorkSafe Health and Safety Solutions
• Wheel balancing
• Tyre changing
• Wheel dunking
• Storage of new tyres

The problem

A solution

Lifting the wheel to/from the floor onto an elevated vehicle involves high force, twisting, sudden jerky movements and awkward postures.

Use a lifting device with integrated rollers to elevate and align the wheel.

(Health and Safety Solution continued overleaf)
A Health and Safety Solution

The problem
Lifting the wheel from the floor also involves high force and awkward postures.

A solution
Use a lifting device with integrated rollers to elevate and align the wheel.