Cranking Dollies

1. Face trailer keeping weight balanced over feet. In high gear, crank until dollies touch the ground.

2. Once dollies contact ground, change to low gear, and position yourself parallel to the crank handle with your feet staggered and shoulder-width apart. Crank with both hands until weight is lifted off of 5th wheel.

- Keep your weight centered above your feet with your abdominal muscles tight.
- Use the stronger muscles in your legs to move your body as you crank the dollies.
- Avoid bending and twisting with your back.