

HOW TO PICK UP A MOTORCYCLE

----- SAFETY CONCERNS – READ CAREFULLY -----

DO NOT PICK UP THE MOTORCYCLE IF:

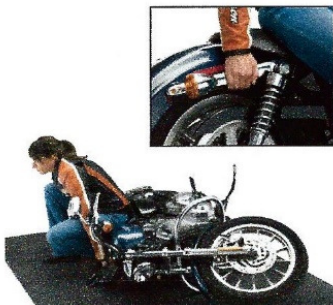
1. **Your motorcycle is leaking fluids. Rather call an emergency contact.**
2. **Your motorcycle is on an incline or decline as it can roll away from you.**
3. **You have any health issues, such as back problems.**

BEFORE YOU START THE LIFTING PROCESS:

1. **Stop the engine using the engine cutoff switch.**
2. **Put the motorcycle in gear to stabilize the bike and prevent it from rolling.**
3. **Place the kickstand down if the motorcycle is on its right side.**
4. **Scrape away gravel from underneath the tires or your feet to provide traction.**

----- LIFTING THE MOTORCYCLE -----

1. **Squat** down with your back toward the motorcycle's seat.
2. **Grip** underneath the back fender with one hand and the lower handlebar grip with the other. Your knuckles should be facing out.

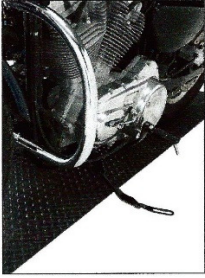


3. **Place your backside** between the center of the seat and the upper edge of the seat.
4. **Find your foot placement**, whether both feet are together underneath you, or one foot forward.
5. **Use only the backside and leg muscles** for this lift. Do not use your back or arms.
6. **Begin to rock the motorcycle** up to a 45 degree angle.



7. **Shift your body position.** Place your feet closer together and place your backside in the middle of the seat.
8. Lean back and start **taking baby steps backwards**, walking the motorcycle up to 90 degrees.

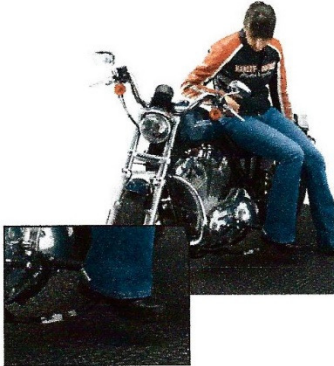
9. Simply rest the motorcycle onto the kickstand.



Now if your motorcycle fell on the left side you're going to follow the same steps as above, except you're not going to completely upright the motorcycle because you take the chance of dropping it down on the right side.

So when the motorcycle is almost upright you can do one of two things:

1. Put the kick stand down using the **heel of your boot** and rest the motorcycle down on to it.



2. Slowly and carefully turn your body around so you can grip both handgrips, face the motorcycle, and then put the kickstand down with the **toe of your boot**.

