

**IronMan™ Ergonomic Wheel Lifting Bar #34950**

## HUB SIDE DOWN



Insert spoon end into spoke hole with curved side toward the center of the wheel...



...until the tip touches the floor.



Set foot on tire ...



...and pull bar straight toward you to raise the assembly.



Stop assembly when it is fully upright.

**IronMan™ Ergonomic Wheel Lifting Bar #34950**

**HUB SIDE UP**



Insert knob end into lug hole on side of assembly closest to you...



...until the knob rests on the hub.



Set foot on tire ...



...and pull bar straight toward you to raise the assembly.



Stop assembly when it is fully upright.



**WARNING**

**TIRE CHANGING IS DANGEROUS!**  
While servicing tires, always follow OSHA Reg. CFR1910.177.

If you don't know how to use tire changing tools – **STOP!**  
Tire changing should only be done by trained persons.  
If you do it wrong, you could be hurt or killed.

Here are some Safety Rules.  
For complete tire servicing procedures, read the tire and rim makers' service manuals. You can also get free wall charts about tire servicing by calling OSHA.