

FOX RIVER HOG

HOW TO SAFELY PICK UP YOUR BIKE



from the desk of...
YOUR SAFETY OFFICER, *Juli Parent*



How to pick up a motorcycle in a few easy steps

Whether it is from a kickstand sinking into soft earth, just a loss of balance, or something a bit more dramatic; sometimes your beloved ride ends up on its side. Before you pick it back up, take a heartbeat to ensure your safety and well-being first and then a plan for up righting your bike. Your adrenaline may be pumping, so it is good idea to take a moment, a few deep breaths and make sure you are ok and not injured.

1. Survey the area's terrain (on a hill/gravel/mud/grass/etc.). Make sure you are off the roadway or, if you are on it, have someone that can direct traffic around you while you pick it up (if you are with others). If you are alone, it is best to wait for help from a car or someone that can help you avoid being hit by traffic.
2. Turn the bike off (fastest way is to just hit the kill switch). Put the kickstand into the down position (if the bike is on the side with the kickstand see optional steps below). Put the bike into 1st gear to prevent it from rolling away from you while picking it up.
3. Make sure you feel good about your footing (non-slippery area). Motorcycles are heavy, and the only thing worse than a tip-over is lifting the bike halfway up and dropping it again.
4. Move to the side of the bike and turn the handlebars so you can grab the one closest to you and find a place on the rear of the bike that you can hold onto. The passenger grab handle is often ideal, rear peg, saddle bag/bars or mountings. If you are on the side with the mufflers, be careful not to grab those or items close to there that may be hot.
5. Bend at the knees and place your butt into the seat area. Often referred to as a dead-lift position.
6. While straightening your arms, push back with your legs into the seat, and walk your legs back slowly and small steps until the bike is upright. Good form here will help you avoid injury.
7. Place the bike on its kickstand and assess the damage before riding on.

Optional steps: If your bike is laid over on the kickstand side.

1. Survey the area's terrain (on a hill/gravel/mud/grass/etc.). make sure you are off the roadway or, if you are on it, have someone that can direct traffic around you while you pick it up (if you are with others).
2. Turn the bike off (fastest way is to just hit the kill switch). Put the bike into 1st gear to prevent it from rolling away from you while picking it up (if you can reach it – if you cannot, its ok).
3. Make sure you feel good about your footing (non-slippery area). Motorcycles are heavy, and the only thing worse than a tip-over is lifting the bike halfway up and dropping it again.
4. Move to the side of the bike and turn the handlebars so you can grab the one closest to you and find a place on the rear of the bike that you can hold onto. The passenger grab handle is often ideal, rear peg, saddle bag/bars or mountings. If you are on the side with the mufflers, be careful not to grab those or items close to there that may be hot.
5. Bend at the knees and place your butt into the seat area. Often referred to as a dead-lift position.
6. While straightening your arms, push back with your legs into the seat, and walk your legs back slowly and small steps until the bike is upright. Good form here will help you avoid injury.
7. Once the bike is up enough, turn your torso around to grab both handlebars and pull in the front brake handle. Put the bike into 1st gear and kick the kickstand down. If you are with others, have a person nearby to help you with getting the kickstand down for you.
8. Place the bike on its kickstand and assess the damage before riding on.