

# Picking up a motorcycle

Motorcycles are big and heavy with little stability when stationary. On uneven ground or if your foot slips on the surface there may come a point where you are unable to keep the motorcycle up as it starts to lean further from the upright. The safest thing to do in these circumstances is to let it go to the ground.

## How to drop a Motorcycle

Let it down as slowly as possible to ensure that damage is minimal to the bike, but also to yourself!

Try to keep all body parts from being trapped under the bike as it touches the ground. The bike is heavy and contains parts which are sharp or hot – all of which could cause serious injury to you.

## Shall I pick it up again?

Is it safe to pick the machine up?

Is it in the path of traffic?

Is it damaged too much, or leaking fuel onto hot engine components?

Is it in a dangerous position requiring you to warn other road users of its presence (such as around a blind bend)?

Now consider yourself. Are you injured? You may well be out of breath.

If possible, take stock of your surroundings and situation whilst you get your breath back. Dropping a motorcycle can be embarrassing, painful and actually quite a shock for some riders.

You may get help from passers by or other riders/drivers, but if you are alone, the following technique should work for the majority of people regardless of the weight of the machine or the size of the rider. The overriding advice is, if you are not confident that you will be able to pick the machine up, then don't do it - but do ensure you and

other road users remain safe at all times regardless of what decision you make.

## Preparing to pick it up

Switch the ignition off using the cut-off switch if it has one, then turn the ignition off with the key if possible.

Turn off the fuel supply to the engine (if the machine has a fuel tap). Bear in mind that if the machine is laying on it's left side you may not have access to the fuel tap.

If the machine is on its right side, put the side stand down and ensure it is in gear (if possible).

If the machine is on it's left side then be prepared for the fact that if it is not in gear, it may roll backwards or forwards.

Keep your gloves on and ensure you have a good surface for grip under your feet - although if on grass or gravel be careful, you may have to wait for assistance.

## How to pick up a Motorcycle

1. Turn the handlebars to the full lock position with the front of the wheel pointing skyward

Crouching down with your back straight, position yourself in line with the handlebars. Your feet should be shoulder width apart.

2. Grip the lowest handlebar in both hands with one hand under the other and both palms facing upwards.

Keeping your back straight and using your legs, start to lift gently until the bike is resting on both wheels.

3. If the bike is balanced on both wheels, then in one slow, controlled movement, straighten your legs with your hands gripping the handlebar and your arms straight down until the machine is upright. Be careful not to go beyond the upright in case you drop it again on the other side!

4. The motorcycle is going nowhere if it is in gear or you are holding the front brake on. Take a moment to get your breath back in preparation for moving or securing the machine

If the wheels and tyres are OK, you can push the machine to a safe location if necessary.

5. If you are holding the right handlebar and the side stand was placed down before you commenced lifting, check it is still in place and then lower the bike away from you until it is firmly on the stand. Alternatively, whilst the machine is in the upright position, work your way around the bike until you are able to put the machine on the side or main stand.

