

# Want to be a pro?

## Then find the sweet spot!

Consider the fifth wheel latch release when parking your trailer. If you back up tight up against the king pin or forward against the clam shell, it puts pressure on the latch and you will work harder to release the fifth wheel. Over time the extra force you exert can injure muscles, tendons or joints. So do your back and shoulders a favor — find the sweet spot that puts the least amount of pressure on the latch and makes releasing it all the easier.



**Ease the tension on your fifth wheel release by pulling half an inch forward or backward.  
Find the sweet spot!**

Visit [www.KeepTruckingSafe.org](http://www.KeepTruckingSafe.org) for more information on how to reduce your risk of injury.