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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Changing a Tire

By Kevin Schappell

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by: **Kevin Schappell**

It always happens at the worst times! You need to know how to change a tire even if you have an auto club membership. Depending on where you get a flat, there may not be a phone nearby to call a tow truck. Let's take it step by step and always remember to read your owners manual, there will be detailed instructions relating to your car there. I should mention also a few tips for getting to the side of the road safely if you have a blowout on the road. Stay calm, do not panic Slowly take your foot off of the gas and let the vehicle coast to a stop. Do not make any sudden braking or steering actions. Put your flashers on to alert other drivers. Now that you are safely off of the road.

Step 1: Make sure you are on firm level ground and away from traffic. If you are not, then try to drive to a better spot, but only if you can do it safely. Avoid going back onto the road and into traffic.

Step 2: Set your emergency brake and put the car in Park or 1st gear if you have a manual transmission. Make sure the engine is turned off.

Step 3: Locate the spare tire, jack, and lug wrench. These are usually located in the trunk underneath the carpet on cars. Trucks usually have the jack and lug wrench behind the seat or under the hood, with the spare tire under the bed.

Step 4: Typically there are instructions printed on the jack or somewhere near the storage compartment. Read these instructions, they will tell you where to jack the vehicle and any special steps you will need to take.

Step 5: First remove the hubcap or wheel cover. The lug wrench often has a flat end, which you can use to pry off the cover. If not, a screwdriver will work just fine.

Step 6: Before you jack the car up you will want to break loose the lug nuts. The weight of the car will keep the wheel from spinning and allow you to apply more force to the nuts. You do not want to

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completely remove the lug nuts yet.... just break them loose. Once the lug nut begins to move, STOP and move onto the next one. I often carry a small pipe, which will fit over the lug wrench. This pipe can provide additional leverage and allow you to get those stubborn lug nuts off. Always remember righty tighty, lefty loosy. Turn the lug nuts left or counter clockwise to loosen.

Step 7: Now it's time to jack up the car. Make sure you know where the manufacturer has placed jacking points by reading the owners manual or the instructions near or on the jack. Most cars will have a reinforced lip where the jack can be placed. If you can not locate this, look for a solid portion of the frame to jack on. Make sure the jack is on firm level ground and start jacking. Take it slowly and only go as far as you need to get the wheel off.

Step 8: The wheel is off the ground and it's time to remove the lug nuts. Use the wrench or your fingers to remove the nuts. Slowly take the wheel off and set it to the side.

Step 9: Get the new wheel and put it on the car. Tighten the lug nuts as tight as you can without the wheel spinning. Don't worry about getting the nuts super tight, as you will do the final tightening when the car is off of the jack.

Step 10: Let the car down off of the jack and get your lug wrench. Tighten the lug nuts in a star pattern if there are five nuts. Start with one lug nut and skip the next one until they are all tight. If you have 4 nuts, just tighten the opposite nut from where you started and then the remaining two in any order.

Step 11: Replace your wheel cover or hubcap and clean up the jack, lug wrench and blown tire. If your spare tire had air in it, you should be able to continue your journey.

Finally: Remember if you have a temporary spare tire (AKA doughnut) you can only drive a few miles to a service station and usually not over 50 MPH.

Kevin Schappell maintains

where he gives advice on buying, selling,

insurance, and financing. A mechanical engineer and car guy, Kevin has decided to spend his online time helping others learn about automobiles. To learn more about how your car works, Kevin has created

.

Repairing Flat Tires On A Scooter

By Jason Uvios

The tires and the spokes of the scooter will require daily inspection to ensure you have no problems, and that your ride will be a safe one. If you are faced with broken spokes, you should repair them right

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away to prevent additional breakage. If you have a flat tire, you will also need to have someone change it, plug it or repair it so you can continue riding the scooter. Riding the scooter with a flat tire is going to bend and chip the rims, the wheels, and will not provide you with the smooth ride you are accustomed.

For flat tires, there is a canister type of solution you can purchase which is known as fix a flat, which will fix flat tires, plugging holes in the rubber tire. The Fix a flat is a canister that will plug right into the tire, inflating the tire as it plugs the hole at the same time. The Fix a flat is going to work on the tires that are rubber, the same as your car. This type of repair is not going to work on the tire with a tube or the tire that has a major cut in it. Repairs to the tire that has a large gash will require replacement of the tire. Most all medical supply houses, and scooter retail outlets do make replacement tires easy to purchase.

Regular reviewing and maintenance of your tires will be required. If you are not using your scooter for long periods, you should at least have someone move the tires around, so they are not sitting on one portion of the tire for weeks on end. Dry rot is a problem for tires not used often. A scooter not used for three months at a time can easily have dry rot on the tire. Dry rot can be spotted by the cracks in the tires, which can easily then lead to air leaks.

To prevent the need to fix flat tires, to fix broken spokes, and to prevent dry rot on any scooter tire, you should consider the purchase of tires, which are solid. Solid tires are available with or without tread. Solid tires never require air. If you have tires that do require air, you can pump up the tires with a bike pump or with an air compressor.

Jason Uvios writes about on [Repairing Flat Tires On A Scooter](#) to visit :-

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