

# SAFETY TALKS



## SLIPS, TRIPS & FALLS FOR TRUCK DRIVERS

Slips, trips and falls from tractors and trailers are frequent causes of injuries for truck drivers. Studies show that in the trucking industry, most of the slips and falls occur on or near the tractor and while drivers are entering or exiting the tractors. Remember, fatigue, stress and haste can also increase the risk for a slip, trip or fall. Work and move cautiously and deliberately.

### CLIMBING UP AND DOWN

Use the three-point system when entering and exiting the cab. Alternate placing two feet on the steps and one hand on the rails or two hands on the rails and one foot on the steps.

Use the same three-point system when climbing up or down between power unit and trailer to hook up brake and electrical lines.

When exiting the cab, face the truck and step down gently and slowly to the ground. Grab hold of the steering wheel and back out of your cab. Then grab the rails and gently lower yourself down.

When possible, close or open overhead doors before pulling away from the platform - so you don't have to climb up and down from the trailer body.

Do NOT jump from cabs, trailer bodies or loading platforms. Jumping is a leading cause of knee, ankle and back injuries for truck drivers.

Use secure and designated steps and rails when climbing to clean truck windows and mirrors.

### SLIPS

Watch out for slippery surfaces on or around your truck. Steps, rails, gratings, tank tops and ground surfaces can be extra slippery when any amount of oil, moisture, snow or ice are present.

When working on the catwalk behind the tractor, move slowly and deliberately. Be careful of slipping or catching your heel on metal grating.

Watch out for "bad housekeeping" when on the loading dock - such as oil slicks, trash, broken pallets, loose or missing handrails, etc. Take time to clean up any messes you make or notice.

### TRIPS

When walking around your truck at night, always use a flashlight. Watch out for uneven walking surfaces or pot-holes in parking lots that can be tripping hazards.

Have a clear line of vision when manually carrying freight. Carry only what you can handle on the type of surface that you are walking on.

### FALLS

Use the three-point system when tarping or untarping, securing the load, or closing hatch covers. When possible, use a fall restraint system.

When securing the load on a flatbed, use extreme caution. Make sure you have secure footing before you move, especially if you have to walk backwards. Watch out for gusts of wind that could catch you or the tarp and throw you off balance. Try to stay clear of straps when tightening or pulling them off a load.

Use caution when securing a van load. Always, use the three-point system.

Use proper entrances to the warehouse.

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## SLIPS, TRIPS & FALLS FOR TRUCK DRIVERS COMPREHENSION QUIZ

1. Any time you are climbing on or off the truck you should use which system?
  - A. two-point
  - B. three-point
  - C. four-point
  
2. What are tripping hazards after dark in parking lots to be on alert for?
  - A. Pot holes
  - B. Uneven walking surfaces
  - C. Both A & B
  
3. What is the leading cause of knee, ankle or back injuries for truck drivers?
  - A. Jumping from the cab
  - B. Slipping on slick steps
  - C. Extended drives
  
4. Which is the preferred way to close or open overhead doors?
  - A. From the platform before pulling away
  - B. Climbing up and down on the trailer body
  
5. In addition to fatigue, what else can increase the risk for a slip, trip or fall?
  - A. Making sure steps and rails are dry
  - B. Paying attention
  - C. Moving cautiously
  - D. Stress and haste

