



Workplace Safety

Focus

Every worker who uses their body in some capacity at work is vulnerable to injury. Muscle sprains, falls, falling objects, improper lifting techniques, and other accidents are the most common causes of injuries at work. Due to the nature of their work, trucker drivers must be especially vigilant when it comes to injury prevention, since they can be injured while unloading freight and while driving. The trucking industry is a profession with one of the highest workers' compensation claim rates.

Doing proper pre-trip and post trip inspections. Company Policy requires that you do them daily! Most of our CSA points can be attributed to issues that should be caught in pre and post trip inspections. Your safety is important!

Anticipate

Some of the most common injuries truck drivers face result from improper entering & exiting equipment, lifting heavy objects, improper lifting techniques, being injured as a result of accidents, overusing the same muscles, slips and falls from climbing in and out of their truck/ trailer, and developing chronic back pain as a result of being seated for hours at a time.

Some, if not all, over the road breakdowns and scale shutdowns can be avoided with proper pre-trips and post trips.

Correct

- Entering & Exiting the tractor/trailer
 - 3 Points of Contact
 - Use three-point contact whenever mounting or dismounting any trucks, equipment or trailers.
 - **Do not jump from equipment!!!**
 - Scan trailers and truck ladders for ice, loose components or snow that could cause a fall.
- Pre-trip & Post Trip
 - The Pre-Trip Inspection is a thorough inspection of the vehicle and all of its major systems. Inspecting the vehicle before driving each day is a Federal requirement and normally takes about 15 minutes.
- Loading & Unloading
 - STRETCH before beginning your off-load process
 - Take needed rest breaks and stretch while unloading.
 - Take your time while unloading.
 - Stay Hydrated - DRINK PLENTY OF WATER.

Talk

There may be some things that you cannot control, but knowing your limits, as well as your truck, are just some of the things where you have full control. If you take care of yourself, you may be able to avoid injuries.

ALWAYS TAKE YOUR TIME AND BE SAFE.