



## INJURY PREVENTION

### FOCUS

The trucking industry is a profession with one of the highest workers' compensation claim rates. The profession itself requires long hours of driving, poor diets, and little exercise, making truck drivers prone to injuries. These truck driver injury prevention tips can help limit drivers at risk.

Truck drivers had more nonfatal injuries (over 151,000) than workers in any other occupation. 50 percent of the nonfatal truck accident injuries were serious sprains and strains; this may be attributed to the fact that many truck drivers must unload the goods they transport.

### ANTICIPATE

Long hours of driving, poor diets and little exercise make drivers prone to work-related strains and sprains with injuries to muscles, tendons, nerves and other musculoskeletal disorders (MSDs).

**Injuries are often due to:**

- **Overexertion**
- **Being struck by an object**
- **Falling**
- **Transportation accidents**
- **Repetitive use of body**
- **Lifting heavy boxes and cargo**
- **Awkward postures such as reaching overhead**
- **Gripping tightly or improperly**

Work-related strains and sprains make up 50% of injuries are the most costly and most frequent injuries in the trucking industry. Sprains, strains and overexertion make up for the most trucking-related injuries.

Studies show that costs exceed \$107 million and resulting in 576,000 lost-work days per year. About 70 percent of these injuries were to truck drivers. Many of the injuries occurred when opening shipping container doors or connecting or disconnecting a trailer to the truck.

### CORRECT

#### Tips for Preventing Injuries

- **STRETCH** before beginning your off-load process
- Whenever lifting heavy objects, use mechanical lifts or wear a back brace for support.
- Make sure the loading areas are clean and dry to prevent slips and falls.
- Use at least three points of contact when entering or exiting the truck or trailer. Make sure not to jump down or sling yourself up, which leaves room for slips or falls.
- Stay Hydrated-**DRINK PLENTY OF WATER**
- Stay fit by exercising regularly – at least basic stretching about three times a week.
- Use proper lifting techniques – bend at the knees, not your back.
- Avoid repetitive motion when possible
- Take care of yourself on days off – get extra rest, eat well and continue to exercise.
- **Do Not Attempt to Catch Falling Freight.**
- Wear gloves and watch for pinch points on rollers.

### TALK

- Report any injury to your CPC Manager.
- Remind others to use 3-points of contact.
- Report unsafe work conditions to your CPC Manager.