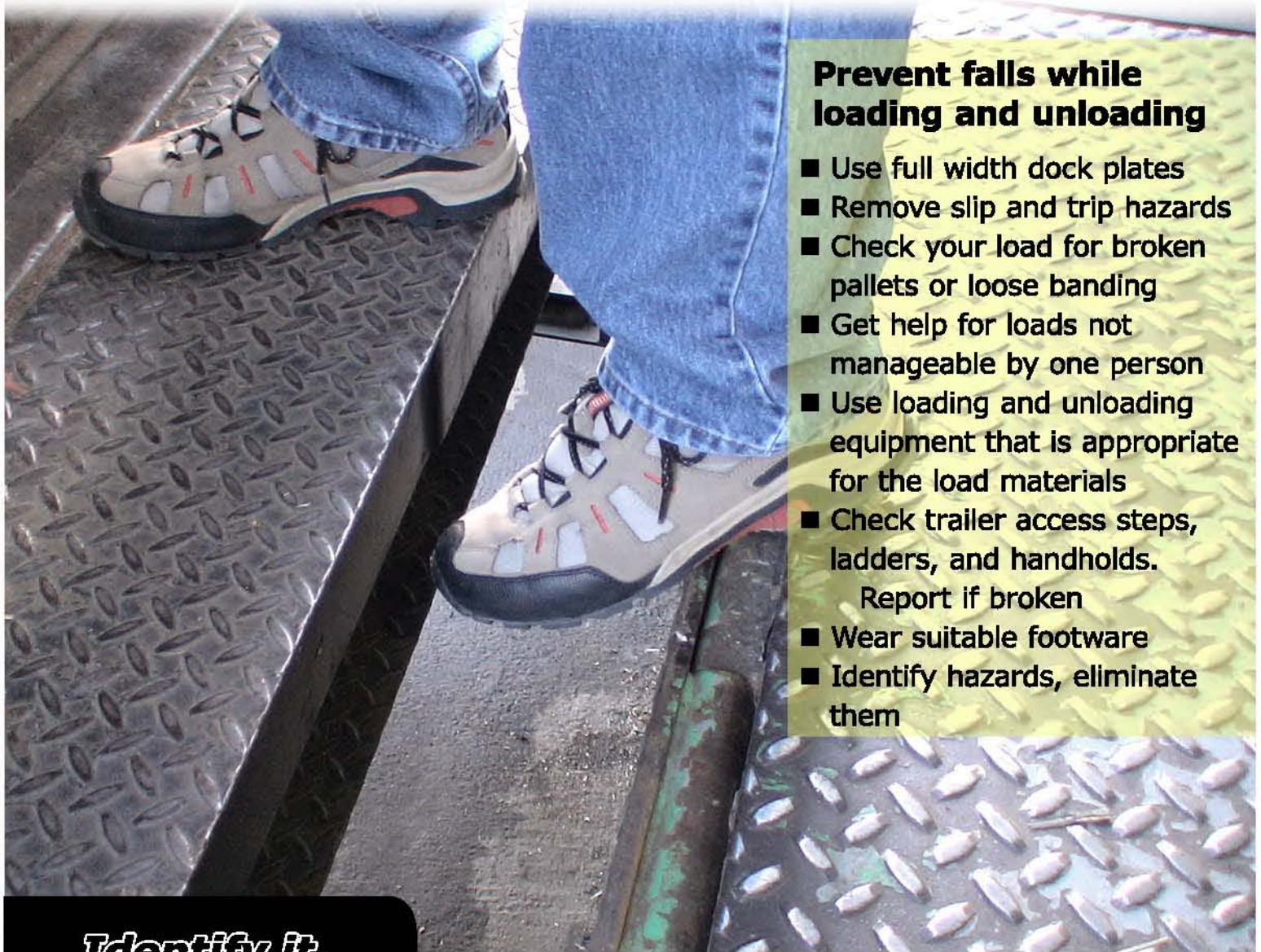


# Don't Fall for It

Truck Drivers -- Protect Yourself from Falling  
While Loading and Unloading



## Prevent falls while loading and unloading

- Use full width dock plates
- Remove slip and trip hazards
- Check your load for broken pallets or loose banding
- Get help for loads not manageable by one person
- Use loading and unloading equipment that is appropriate for the load materials
- Check trailer access steps, ladders, and handholds.  
Report if broken
- Wear suitable footwear
- Identify hazards, eliminate them

*Identify it,  
deal with it*

These injuries don't just happen



TRUCKING INJURY REDUCTION EMPHASIS  
[www.LNI.wa.gov/safety/research/trucking](http://www.LNI.wa.gov/safety/research/trucking)



Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ To report any hazards.

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