



Safety Material for the Trucking Industry
February 2020

Nine Truck Drivers Died on the Job in Washington State During 2019

We at KeepTruckingSafe.org send our deepest condolences to the family and friends of the drivers we lost in 2019. We believe every worker deserves to go home safe each night. It is always hard to find the right words to talk about losing members of our community. These men worked to provide for their families and transport the goods that keep America strong. We truly appreciate and respect the hard work trucking professionals do each day. We hope that by keeping safety as part of the daily conversation, we can contribute to the end of trucking-related deaths in Washington State.



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Got a Backup Plan?

Backing up a trailer is a task that truck drivers do so often that it may feel like a force of habit. But a laid back attitude can lead to inattention that can cause serious and fatal injuries from backing into co-workers, customers, and other pedestrians. It can also result in costly damages from smashing other vehicles and property. No matter your skill level and familiarity with a worksite, staying alert and taking time to inspect blind spots and backup zones can save lives, equipment, freight, and money. Here are a few common tips to help you back up safely.



[Tips to live by](#)

Crawl on the Haul

A 53 year-old truck driver sustained a severe head injury when he fell off a slippery load.

The driver was placing a tarp over the top of a loaded flatbed trailer. It started to rain, and the driver found himself standing on a wet, slick load. He took a step and slipped, plunging headfirst almost 11 feet onto the asphalt road.

Nearby off-duty emergency medical technicians saw the driver fall and came to give him first aid. He was bleeding heavily from a deep scalp wound. An ambulance took him to the emergency room. Medical exams showed the driver got a concussion when his head hit the ground.



Tips to live by.

EDUCATION & TRAINING

If you're experiencing issues with Internet Explorer or Chrome, try a different browser like Firefox, Opera, Edge etc..

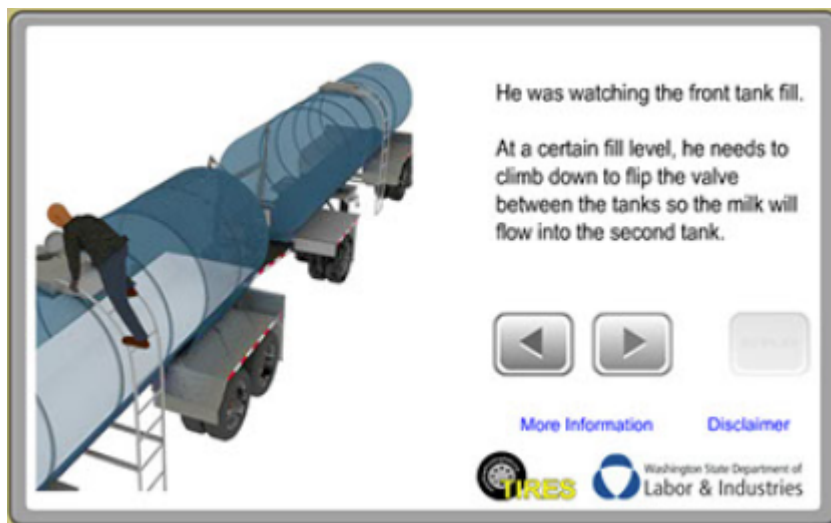
Landing Gear



This course teaches prevention of common shoulder disorders caused by improperly lowering the landing gear. See which body position is best to avoid an injury.

[Try our training tool](#)

Prevent Falls From Ladders



When it comes to ladders, rushing can get you into a lot of pain. Based on the true story of a driver painfully injured from rushing down a ladder. Use this interactive training to review safe ladder techniques.

[Try our training tool](#)

[More Training Simulations](#)

MOST COMMON INJURIES

[Slips, trips, falls](#)

[Strain & sprains \(musculoskeletal disorders\)](#)

[Getting struck by or against an object](#)

[Hazard Prevention Tools](#)



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YOUTUBE

The Trucking Injury Reduction Emphasis (TIRES) project was developed by the Safety and Health Assessment and Research for Prevention (SHARP) program of Washington's Department of Labor & Industries.

The Trucking Injury Reduction Emphasis (TIRES) project team and the TIRES steering committee are working with the Washington State trucking industry to identify causes for the most frequent injuries to develop effective strategies for preventing them. Free safety training materials are available at KeepTruckingSafe.org.

The TIRES steering committee is made up of a diverse group of professionals that includes: drivers, safety people from large and small trucking companies, labor and business associations, insurers and a

representative from a publicly funded truck driving school.

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