



Safety Material for the Trucking Industry
September 2019

National Truck Driver Appreciation Week 2019 is September 8-14.

National Truck Driver Appreciation Week is a time to pause and reflect on the importance of truck drivers in keeping the country moving. Our everyday lives depend on them. The food on our table, the clothes on our back, the electronic gadgets in our hands, the construction materials for our buildings, roads, and bridges are all transported by truck. Without truck drivers, our world would come to a grinding halt. A truck driver is someone who performs a job that requires commitment, professionalism, safety awareness, and plenty of sacrifice that includes working long periods away from home and family. So next time you see a truck driver, say thank you.



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Rollaways Crush Lives

Crushing incidents continue to claim the lives of truck drivers in Washington State. Recently two drivers died of crushing injuries in separate rollaway incidents in a single week.

The first driver died after he felt his vehicle start to roll forward while loading freight into a semi-trailer. He tried jumping down onto a walkway between the cab and the trailer, but fell under the tractor's wheels.



[Tips to live by](#)

Give Fifth Wheel Snags the Hook

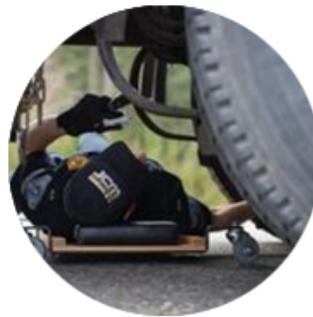
Unlocking a fifth wheel to release a trailer kingpin can be agonizing. Bending and reaching under the trailer to wrestle a stubborn release latch can cause neck, shoulder and back injury. Grease, oil, and road grime can mess up your work clothes too. Using a pin puller is a simple and safe way to hook and pull a release latch without having to reach under the trailer.



[Tips to live by](#)

Brake Safety Week is September 15-21

Law enforcement agencies across North America will step up commercial vehicle inspections during the Commercial Motor Vehicle Safety Alliance's (CVSA) [Brake Safety Week](#) from September 15-21. Officers will conduct 37-step North American Level I Inspections that focus on commercial driver operating requirements and vehicle mechanical fitness. Brake Safety Week brings awareness to truck fleets, drivers, and mechanics about the importance of performing routine brake system inspections and maintenance.



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Get Prepared! September is National Preparedness Month

Trucking companies know that their drivers can find themselves in a disaster emergency on the road at any moment. Taking steps to prepare drivers can minimize the impacts of a disaster on their safety and your business operations.

The best way to be prepared is having an emergency action plan policy in your company's safety program. In Washington State, companies are required to have employee emergency plans and fire prevention plans.



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EDUCATION & TRAINING

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

Landing gear



This 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](#)

What is safety climate?



Safety climate is the new catch phrase in occupational safety circles. But what is it? And what does it mean to your company? Find out in this training.

[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



TWITTER



BLOG



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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