



Safety Material for the Trucking Industry
July 2019

The Champions for 2019!

The competition was explosive at the Washington Trucking Associations' Truck and Step Van Driving Championships on June 22nd in Tacoma. The champions will go to the [national event](#), August 14-17, 2019, in Pittsburgh, PA. Over 430 of the nation's best and safest drivers will be competing in front of thousands of fans for top recognition in eight classes. The event has a long history – going back to 1937 when it was the National Truck Rodeo. All events are free to observers so if you want an excuse to visit Pittsburgh, here's your chance to support our drivers.



Washington's list of champions:

Grand Champion: Gary Herrygers, The Boeing Company

Rookie of the Year: Danny Ross, Safeway

Pre-trip: David Turley, Old Dominion Freight Line

[Click to view the rest of the winners](#)

Proper Posture is Less Stress

It may not look like a big deal, but how you make the connections matters. Awkward reaching, holds and motions with added force can cause injuries to your muscles, tendons and joints. Good posture, careful movements, and strong full-fisted holds on brake line and electrical connectors will go a long way to prevent injuries.



[Tips to live by](#)

Not so Fast! Speeding to be Focus of July Enforcement Blitz

Safety Alliance's (CVSA) annual Operation Safe Driver Week from July 14 to 20. The enforcement and education campaign targets unsafe driving behaviors of commercial truck, bus, and passenger vehicle drivers.

This year's event will focus on the dangers of speeding. The Federal Motor Carrier Safety Administration's (FMCSA) Large Truck and Bus Crash Facts 2016 reports that "Speeding of Any Kind" was the most frequent driver-related factor in fatal crashes for large truck and passenger vehicle drivers. The study attributes speeding to 32 percent of crashes involving large truck drivers and 89 percent involving passenger vehicle drivers. According to CVSA President Chief Jay Thompson with the Arkansas Highway Police, "For more than two decades, speeding has been involved in nearly one-third of all motor vehicle fatalities . . . That is unacceptable, especially because it's preventable. We will continue to educate the public on the dangers of speeding and we will identify individuals who are speeding on our roadways and may issue citations as a deterrent to future speeding tendencies and to affect driver behavior."



[Continue reading](#)

EDUCATION & TRAINING

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

Landing gear

KeepTruckingSafe.org

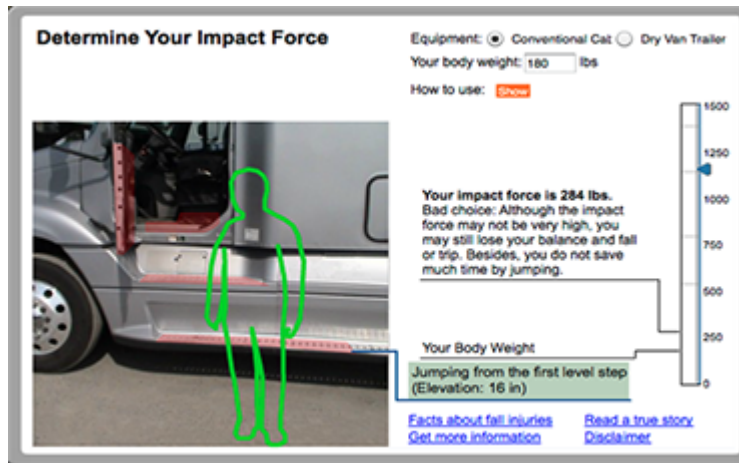
You are disconnecting the trailer from the tractor. Which body position is best to avoid an injury when lowering the trailer landing gear to the ground?

In Front **To the Side** **A Blend of Both**

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](#)

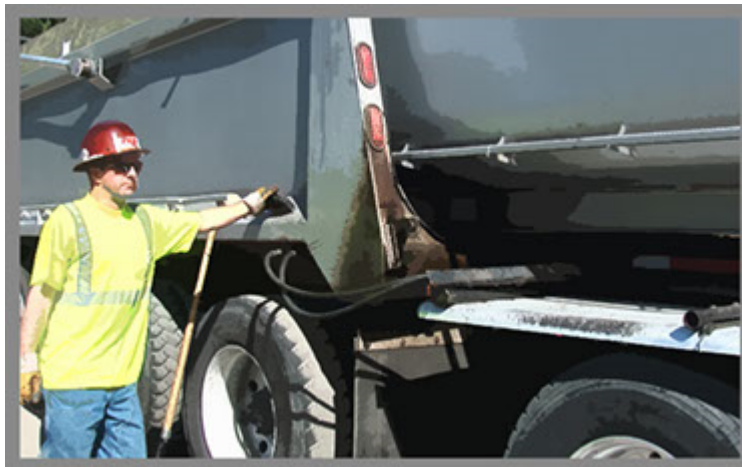
Jump force



Know the forces involved in exiting your truck cab or trailer. Try our force simulator.

[Try our training tool](#)

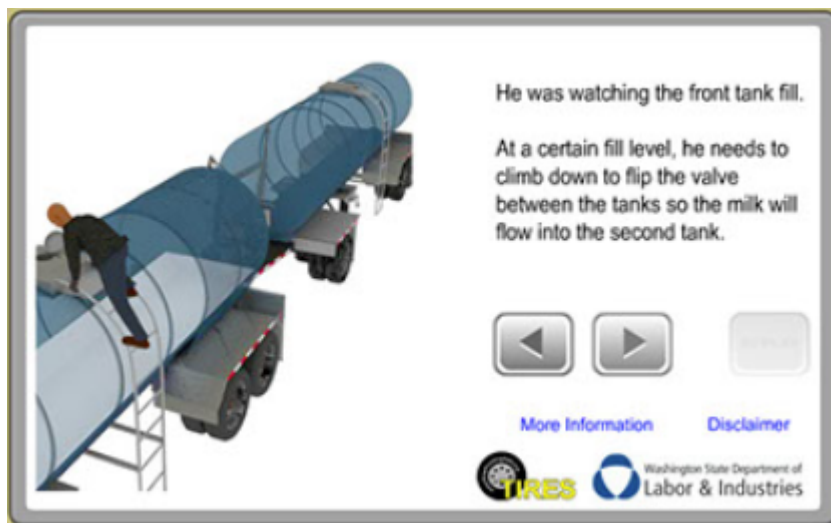
Transfer trailer safety



This course teaches prevention of common traumatic injuries in the paving industry.

[Try our training tool](#)

Prevent falls from ladders



When it comes to ladders, rushing can get you a lot of pain. 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](#)



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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