



Safety Material for the Trucking Industry
May 2019

Load Smart - Your Driver Will Thank You

Material handling can cause injuries to drivers, loaders and unloaders. Strain injuries can result from manually rearranging pallets that should be mechanically moved. Workers also risk being hit or crushed when they have to move improperly stacked loads. Clear communication about efficient and safe load placement is the key to preventing injuries.



[Tips to live by](#)

On Your Marks! Get Set for the 2019 Truck Driving Championships!

The Truck Driving and Step Van Driving Championships will roll in Tacoma on June 22nd. Enjoy the fun and high energy excitement as Washington's best drivers compete for spots in the [national event in Pittsburgh](#). Last year, nearly 100 professional drivers across 9 truck classes competed for the top scores in the written test, pre-trip inspection, and skills courses. Bring your families and friends to support the drivers and the industry's commitment to safety. And check out the trucks!



[Continue reading](#)

In Memory and Honor

The Washington State Department of Labor & Industries held its Worker Memorial Day ceremony on April 25th to remember the workers who died in 2018 from job-related injuries or illnesses. Each year the agency invites the families of the fallen to attend the event, which includes comments from Gov. Inslee and other speakers, a reading

of the workers' names, and the ringing of the memorial bell in L&I's Worker Memorial Garden. This year's ceremony entered 91 names into the Worker Memorial book, which is on permanent display in the agency's headquarters' in Tumwater.

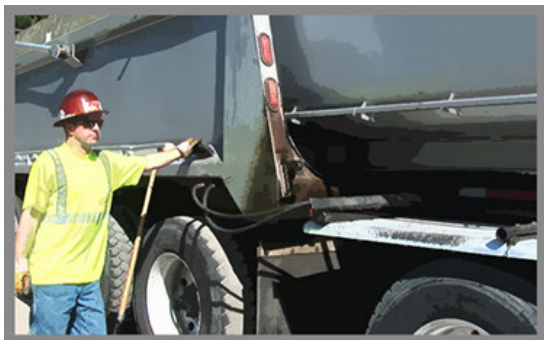
At Keep Trucking Safe, we honor those truck drivers who worked tirelessly to better the lives of their families and our community but tragically died as a result of doing their job. We remember the following truck drivers whose names were called among the fallen workers honored this year:



[Fallen workers honored this year](#)

EDUCATION & TRAINING

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



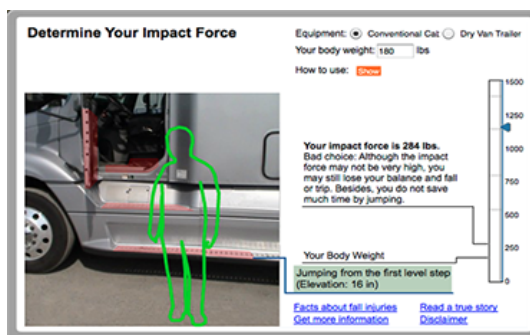
Transfer trailer safety

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

[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](#)



Conduct an Injury Investigation

Root cause analysis is a process for finding the what, how, and why something happened to prevent it from happening again in the future.

[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](#)



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BLOG



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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 and 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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