



**Safety Material for the Trucking Industry**  
April 2019

## Levelling Dock Plate Injuries

Securing trucks at the dock can cause injuries to muscles, tendons, and joints while lifting and moving the mechanical dock plate into position. Switching to a push button controlled powered dock leveler removes the need to pull or manipulate heavy dock components. Powered dock levelers can also smooth out forklift travel between dock and trailer, reducing vibrations to the driver's body. This type of system can also help prevent a fall from the dock while docking or closing a trailer.



[Tips to live by.](#)

## April is Distracted Driving Awareness Month

Distracted Driving Awareness Month is observed each April to bring national attention to the hazards of distracted driving. The dangers of distracted driving are serious and the results can be severe. The National Highway Traffic Safety Administration reports that in 2016, distracted drivers caused 3,450 fatalities and 391,000 injuries on America's roads and highways. That's at least 9 people killed and 1,000 injured every day. Washington State Traffic Safety Council data shows that distracted driving causes 30% of fatalities and 23% of serious injuries in crashes in the State of Washington.



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## National Work Zone Awareness Week is April 8-12

Spring has returned and the people who build, repair and maintain our highways are back for another season of work. Now is also the time to remind ourselves that as motorists we share a responsibility in keeping work zones

safe. Although work zone set ups must follow strict safety rules, even the safest projects cannot always prevent a distracted or reckless driver from causing work zone fatalities and injuries. The U.S. Bureau of Labor Statistics reports that passing vehicles killed 248 roadway construction workers between 2011 and 2016. That's almost 1 fatality a week. The Washington State Department of Transportation indicates that around 850 highway work zone injuries occur each year in the state.



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## Take a Deep Breath, Don't Stress

Truck drivers must be fit to operate equipment and to take quick, sensible action at any time behind the wheel. Social, mental, and physical stressors are key causes of fatigue and many serious health problems that can impair a driver's ability to think clearly and work safely.

Held in April, Stress Awareness Month is a great time to educate and train your drivers about the dangers of chronic job stress. Since 1991, the annual event has been spreading public awareness about the causes of stress, physical and mental impacts of stress, and ways to control stress. The American Institute of Stress (AIS) reports that around 90% of all primary care visits are for stress-related disorders from stomach problems to heart disease. Job related stress also costs American businesses about \$150 billion a year.



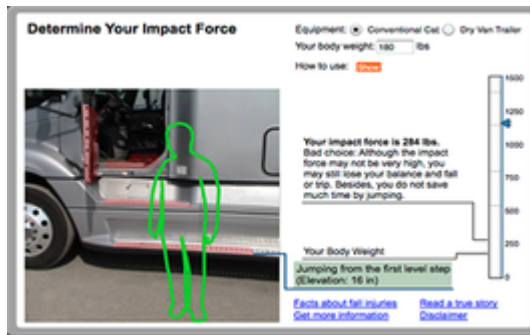
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## EDUCATION & TRAINING

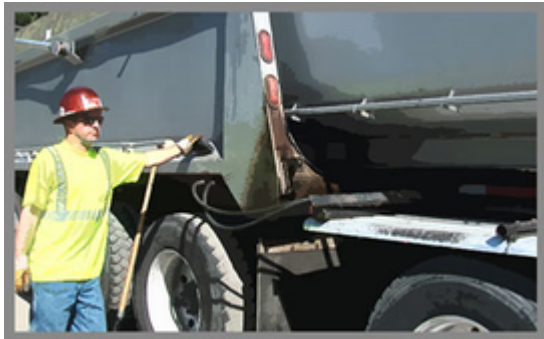
*If you experiencing issues with Internet Explorer or Chrome, try a different browser like Firefox, Opera etc..*

### 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](#)



### Fatal crush

This training tool is base off a true story. Use this tool to prevent similar incidents.

[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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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](http://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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