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

## 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.



[Continue reading the Injury Narrative](#)

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## Is that Pallet Safe to Move?

Back strains from being struck by boxes or cartons are the most common workers' compensation claims related to getting struck by objects. These injuries can happen at any time during the load/unload process, including during forklift transport or from cargo shift when opening a trailer. Safely secure your load before moving it with a forklift, pallet jacks or other equipment.



[Tips to live by](#)

## EDUCATION & TRAINING

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

### Why have a safety program

This new interactive course teaches how having a safety program can keep your

trucking workplace safe, productive, profitable, and clear of compliance violations.



[Learn How a Safety Program Will Benefit Your Company](#)



### Pre-Trip checklist

This pre-trip simulation tool is intended to help those that are trying to become a truck driver or for experienced drivers that need to refreshen on their skills.

[Try Our Training Tool](#)

### How to conduct an injury investigation

This root cause analysis course 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](#)



### 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](#)

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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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