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Receive Updates 

Keep Trucking Safe November 2018 Newsletter

Washington State Department of Labor & Industries sent this bulletin at 11/07/2018 07:45 AM PST

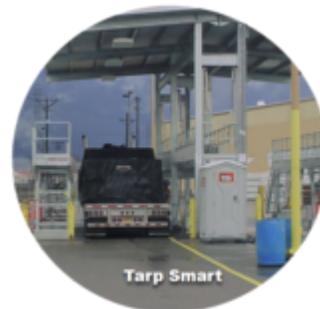
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Safety Material for the Trucking Industry
November 2018

Don't Fall for It

Tarpping a load to protect it during transit is hard work. It can be dangerous too. Every year many Washington state truck drivers fall and are injured while tarping and untarpping loads on their trucks. Heavy tarps, uneven loads, wind, rain, and ice increase the risk of falling. How does one safely manage tarping without falling?



[View the following tips that can help](#)

New Study Suggests Best Practices for Cranking Landing Gear

Shoulder rotator cuff injuries are top safety concerns among truck drivers. A new study in the journal *Applied Ergonomics* presents helpful insights into how the cranking of landing gear impacts truck drivers' shoulder conditions. The study used a cranking simulator and motion tracking system to observe the biomechanical effects of cranking landing gear on

the shoulder joints of research participants. To reduce shoulder overexertion injuries, researchers suggested the following best practices:



[Continue reading blog](#)

Recurring Pain Can Lead to Disabling Injuries

Recurring pain, numbness or tingling can signal the beginning of a serious injury. An important part of preventing these injuries is to respond to symptoms early, before they develop into a condition that keeps you from working.



[View how to prevent these injuries](#)

EDUCATION & TRAINING

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

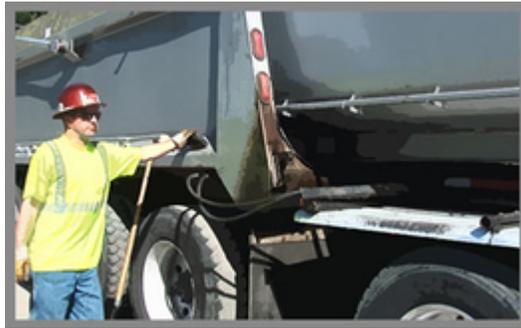
Landing Gear

This course teaches prevention of common upper extremities due to improperly lowering a landing gear. See which body position is best to avoid an injury.

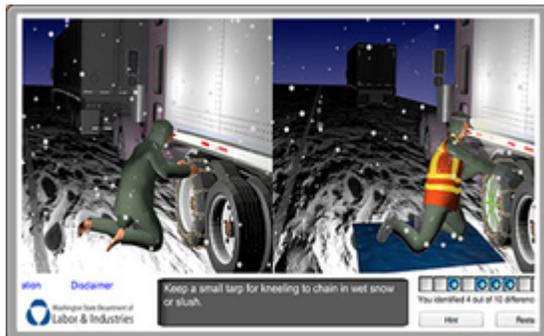
[Try Our Training Tool](#)

Transfer trailer safety

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



[Try Our Training Tool](#)



Spot The Difference

Chaining up a big rig, is by no means one of the fun things about being a truck driver. However, it's a handy skill to know. See if you can spot the differences between drivers.

[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.

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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