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# Keep Trucking Safe October 2018 Newsletter

Washington State Department of Labor & Industries sent this bulletin at 10/12/2018 07:19 AM PDT

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Safety Material for the Trucking Industry  
October 2018

## Don't Miss Out! WTA 2018 Fall Safety Conference is November 1-2

The Washington Trucking Associations (WTA) Safety Management Council will hold its 2018 Fall Safety Conference from November 1 – 2 in Yakima. Now in its third year, the annual event is a great educational opportunity to learn about the latest safety developments in Washington State's trucking industry. The two-day conference will feature a line-up of renowned experts from business and government. Vendor exhibits will also showcase the newest products to help keep your drivers safe on the road.

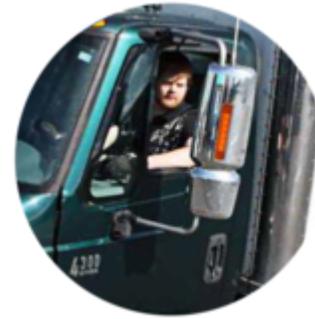


For more details and registration information, please visit the [conference website](#).

## Your customer site - making it less dangerous for your drivers

Trucking is a risky business. Few people would argue otherwise.

Interviews with injured truck drivers found that over half of all injuries occur at customer sites. Clearly, reducing trucking-related injuries needs to involve those sites. But how, when the sites are outside the direct control of the truck driver's employer?



Communication is the key to improvement. Make your concerns clear to your customers using focused, consistent communications that you repeat over time.

1. Talk with them about your concerns regarding the delivery bay.
2. Send copies of the attached checklists with invoices or other customer correspondence.
3. Communicate regularly, with reminders that safe deliveries keep their bays clear.
4. Thank customers for maintaining their bays.

For your drivers, make sure they know that their safety is your priority. Talk with them regularly about safety at the customer site.

The safety of your workers is a team investment — you, your workers, your customers.

Together we can prevent injuries in trucking!

[View Tip Sheet in English](#)

[View Tip Sheet in Spanish](#)

## 80-Pound box leads to 8 days off work

A 33-year-old less-than-truckload driver from Tacoma was unloading his trailer by hand at a store. The store employees were not allowed to help, so he was unloading by himself. When he picked up an 80 lb. box, he felt a pop and pinch in his lower back. Then he could not stand up. He was diagnosed with a sprain to his lower back. The injury caused him to miss eight days of work.

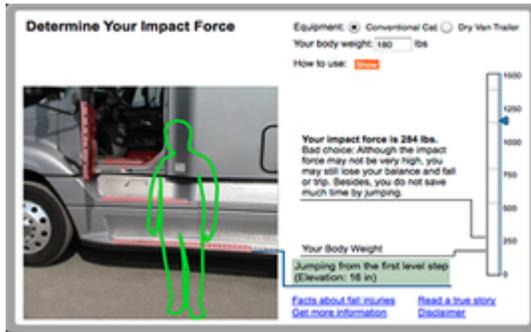


[See injury prevention strategies](#)

## EDUCATION & TRAINING

### Jump Force

When jumping from the cab, top step, fifth-wheel or a trailer deck, it can increase



your risk of injuring your joints, lower back and lower limbs. It also increases your risk of a slip, trip or fall.

[Try Our Jump Force Tool](#)

### Prevent Slips

Slips, trips and falls cause many injuries in trucking. Changes in footwear, tasks and environment matter. Test your knowledge by clicking the slip simulation below.



[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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