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2

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Washington State Department of
Labor & Industries



Keep Trucking Safe 2018 September Newsletter

Washington State Department of Labor & Industries sent this bulletin at 09/10/2018 11:05 AM PDT

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Safety Material for the Trucking Industry
September 2018



National Truck Driver Appreciation Week is a time to pause and reflect on the importance of truck drivers in keeping the country moving. Our everyday lives depend on you. The food on our table, the clothes on our back, the electronic gadgets in our hands, the construction materials for our buildings, roads, and bridges all have to be transported by truck. Without truck drivers, our world would come to a grinding halt. A truck driver is someone who performs a job that requires commitment, professionalism, safety awareness, and plenty of sacrifices that include working long grueling hours to being away from home and family for many weeks at a time. This week and every week, we appreciate you!

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.



[Continue reading tip sheet](#)

Hold On! Trailer Ladders are Safety Matters

A 52-year-old general freight truck driver injured his shoulder and neck after falling off a ladder.

It happened when the driver was chaining and tarping a load on his flatbed trailer.

He had a rigid ladder set up alongside his trailer for accessing the five-foot high deck.



[Continue reading narrative](#)

Braking News: Brake Safety Week is September 16-22

Law enforcement agencies across North America will step up commercial vehicle inspections during the Commercial Motor Vehicle Safety Alliance's Brake Safety Week from September 16-22. Officers will conduct 37-step North American Level I Inspections that focus on commercial driver operating requirements and vehicle mechanical fitness. Brake Safety Week brings awareness to truck fleets, drivers and mechanics about the importance of performing routine brake system inspections and maintenance.



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Mark Your Calendars: The Governor's Industrial Safety & Health Conference is September 26-27

The 67th Annual Governor's Industrial Safety & Health Conference will be at the Spokane Convention Center Sept. 26-27, 2018. The two-day conference offers training and education on the latest tools, technologies and strategies for workplace safety and

health. Each year the conference attracts around 1,000 attendees and more than 300 volunteers from different industries.



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Get Set for National Preparedness Month 2018

News headlines remind us every day about the importance of being prepared for hazards such as wildfires, power outages, diseases, and acts of violence. National Preparedness Month, observed each September, encourages Americans to become prepared for emergencies in their homes, businesses, schools, and communities.



Trucking companies understand that drivers can find themselves in an emergency situation on the road at any moment. Being prepared can minimize the impacts of an emergency on your drivers and business operations.

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Let L&I's SHIP grant program help fund your safety idea!

Do you have an idea for a unique best practice or safety product that can prevent workplace injuries to truck drivers or help injured drivers return to work sooner? Let the Washington State's Labor & Industries Safety and Health Investment Projects (SHIP) grant program help with funding. The SHIP program is accepting applications for safety and health grants until September 21, 2018, and return-to-work grants until further notice. Return-to-work grants, which focus on getting injured employees back to work to prevent long-term disability, are in special demand and have no monetary caps.



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EDUCATION & TRAINING



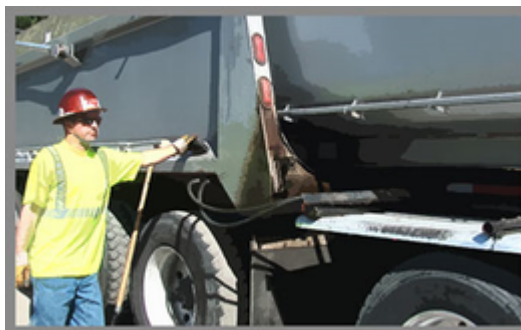
Pre-Trip checklist

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](#)

Transfer trailer safety

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



[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



YOUTUBE

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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