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Washington State Department of
Labor & Industries



Keep Trucking Safe February 2018 Newsletter

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TIRES

(Trucking Injury Reduction Emphasis)

The TIRES research team is working with industry leaders, safety and health professionals, employers, drivers, warehouse and dock workers, and many others to develop educational materials that identify hazards and provide low-cost, simple solutions to prevent injuries in the trucking industry. Learn more about [TIRES](#).

How to develop an effective safety committee

If your company has more than 11 workers on a shift you are required to have a safety committee. Although there is a lot of flexibility in what your committee can look like, there are some suggestions to make it as effective as possible. We all want to work in a safe environment, but wasting time in meetings doesn't help anyone. Here's how to make effective use of the time:



[Click for more information to develop an effective safety committee.](#)

How to investigate an incident

What do you do if an injury occurs at your company or if there is a near-miss?* You should always investigate these occurrences to figure out what happened and what can be done to prevent a re-occurrence. This is where “why” comes in. Think about how children ask “why?” They don’t stop after asking one time. And they don’t accept the answer “just because.” When you are investigating an incident, don’t stop asking why until you get to the very root of the problem. Then develop a solution and assure workers are appropriately trained.



[Continue reading Tip Sheet](#)

There's got to be a better way

Here is a true story of a truck driver who was injured by falling freight. When you consider that time lost from work with an on-the-job injury will net you about 60% of your salary, there's a lot of good reasons to put your safety first.



[Read this true story.](#)

Education and Training

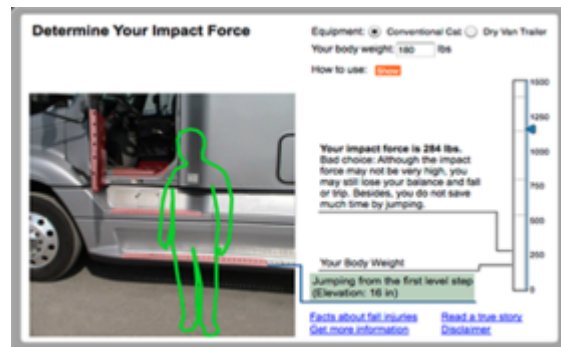


Prevent falls from ladders

Based on the true story of a driver painfully injured from rushing down a ladder.

Jump Force

Know the forces involved in exiting your truck cab or trailer. Try our force simulator.



[Click here to view more training simulations.](#)

Most Common Injuries

Slips, trips, falls

Strains & sprains (Musculoskeletal disorders)

Getting struck by or against an object

Hazard Prevention Tools

Take one for the team?

Nah! The whole point of a team is that one person can't and shouldn't do it alone. Whether you are in a team jersey or a company jacket, you are still on a team that should work together to get it done safely and efficiently.

[Continue Reading](#)

If you love to tarp, then you are one of the few..

Tarping is one of the most dangerous and loathed tasks of a flatbed trucker. There are things you can do to protect your employees or yourself from unnecessary hazards.

[Read Tip Sheet](#)



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