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Happy Holidays
&
Happy New Year

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](#).

Slip on Ice Injures Driver's Back, Ends Career

A 68-year-old truck driver sustained a permanently disabling lower-back injury when he slipped on ice during a routine post-trip vehicle inspection.

On the day of the incident, the driver had just returned to his company's home terminal from a delivery to a customer in a nearby state. The driver, a 45-year trucking veteran, still had to perform a post-trip DOT inspection before ending his shift.



Continue reading narrative

Do you see what I see?

Snowy conditions are not ideal driving conditions for anyone. For motorists being passed by a big rig, it can be a downright terrifying, white-knuckle moment. The white out caused by a passing big rig can temporarily blind a motorist or an entire line of motorists. You and the families on the road with you are more important than your cargo.

[Continue reading to view the safety driving tips](#)



Immediate Work-Related Inpatient Hospitalizations in the Washington State Trucking Industry: 2003-2016

Work-related injuries that result in an immediate inpatient hospitalization are serious, costly, and preventable. Truck drivers are at higher risk for occupational injuries than most other workers in Washington State (WA). The immediate inpatient hospitalization surveillance system in WA links workers' compensation (WC) claims to inpatient hospitalization records to identify these injuries and learn more about these incidents, to strengthen prevention and intervention efforts.



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It was one of those days...

A 41-year-old truck driver thought his work boots were enough preparation to work in icy conditions. The ice proved more challenging than he expected. Because of the ice, he got out of the cab again and again to scrape the windshield and the lights. First he fell from the icy truck steps, twisting his ankle. Later, as he exited the cab to unhook the trailer, he slipped on the ground and fell at on his back. He fell a third time about three feet off the truck steps onto his left shoulder, twisting his left knee and low back.

[Continue reading this true story](#)



Education and Training Resources

Santa Tarping

Click an action button to start simulation



Excessive heavy lifting can injure your low back and shoulders. A major concern in flatbed trucking is the lifting and pulling of heavy tarps. This simulation explores the pros and cons of different lifting techniques.

Try Our Training Tool

Santa 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.

Try Our Training Tool



[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

Hanging Iron

Take time to check your chains

When the snow starts in the passes, you don't want to be taking your first look at those chains that have been hanging under your trailer for the past six months.

Start with a thorough inspection of your chains. If you were not the last person to use the chains, then you need to pull them all off and inspect every link and cam before you leave the yard.

[Read Tip Sheet](#)

[Read Driver's Chaining Guide](#)

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Keep Trucking Safe

