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Welcome to the April 2015 edition of TIRES e-news, a periodic newsletter brought to you by the health and safety experts of KeepTruckingSafe.org.

Last call: Take this quick feedback survey

Please take 5 minutes to tell us how we are doing in this [anonymous survey](#). Your feedback will help us provide for your future training needs. Clicking on the link above will take you to SurveyMonkey, a trusted third party survey site.



New this month

Why you should report pain early



Workers often don't know what to do if injured on the job so they work through pain until it becomes unbearable. Early reporting can prevent serious injuries and reduce the overall costs of workers' comp claims. [Click here to download the poster \(850 KB PDF\)](#). Print on letter-sized or 11x17 sized paper.

How do you track your maintenance?



Many injuries are caused by poor equipment maintenance. Maintenance related injuries are never accidents. They are preventable injuries. Keeping good records of maintenance issues is the best way to prevent equipment-related injuries: [Click here for the tips \(276 KB PDF\)](#).

Worth repeating

Featuring previously published training materials that are...worth repeating!

Safety Plan Development

[Take time to review your APP \(194 KB PDF\)](#)

[Developing an effective safety committee \(305 KB PDF\)](#)

Incident investigation

[How to investigate an incident \(263 KB\)](#)

[Incident investigation checklist \(201 KB\)](#)

Training simulation tools

Ladder safety

Visual learners will take away more from a simulation. This one is based on the true story of a tanker driver injured in a fall, but will apply to many ladder climbing situations. [Click here to begin.](#)



Fatal crush: Based on the true story of a driver killed on the job

A Washington State truck driver was killed on the job a few years ago. This simulation discusses what happened. Review it with your workers to help prevent similar occurrences. [Click here for simulation.](#)

True story with tips: [Fatal crush](#) (157KB).

Novice vs. Professional

Two drivers chaining. Can you spot the differences? [Click here to try the simulation.](#)

Compare the force of lever and ratchet binders

Compare the body forces needed to use a lever ratchet or binder ratchet to strap a load. [Click here to try the simulation.](#)

Test your tarping skills

Explore strategies for [Click here to try the simulation on safer tarping.](#)

Choose your footwear wisely

Slips, trips and falls cause many injuries in the trucking industry. Test your safety knowledge with the [Click here to try the friction simulation tool.](#)

Force simulation tool

Does it really matter if you jump or use 3 points-of-contact when you exit the cab or trailer? Find out with our force-simulator. Use it as a training tool. [Click here to try the force simulation tool.](#)

Need ideas?

Check out the TIRES idea bank for solutions to common trucking issues. Got solutions? This is a work in progress so send us your ideas. Click for [TIRES Idea Bank](#). Click to send us your solutions at info@KeepTruckingSafe.org.

[Haga click aquí](#) para obtener materiales en español

[Si tiene que moverlo manualmente — Organize y coloque objetos pesados a una altura de fácil acceso. \(223 KB\)](#)

Upcoming events

[Click here to check out upcoming events in trucking.](#) Let us know if you have a trucking industry related safety or health event that you'd like to add to the page.

Have questions? We're here to help. Email us at info@KeepTruckingSafe.org.

[Take me to KeepTruckingSafe.org now.](#)

Together we can prevent injuries in trucking
—KeepTruckingSafe.org

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To learn more about the TIRES initiative, or to find more information about injuries in the trucking industry please visit us at, www.KeepTruckingSafe.org.

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.

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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