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**Keep Trucking Safe**  
**TIRES** Trucking Injury Reduction Emphasis

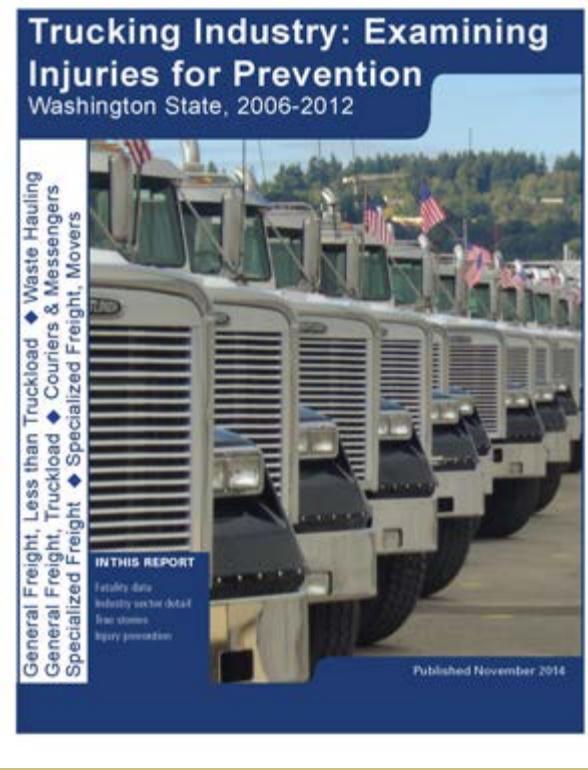
**Welcome to the November 2014 edition of TIRES e-news, a periodic newsletter brought to you by the health and safety experts of [KeepTruckingSafe.org](#).**

## New this month

**NEW** **Trucking Industry: Examining Injuries for Prevention**

This report analyzes data from the Washington State workers' compensation fund over the years 2006-2012 to target injury prevention activities where they will be the most effective.

[Click here to download the entire report](#) (6.8 MB)



**Trucking Industry: Examining Injuries for Prevention**  
Washington State, 2006-2012

General Freight, Less than Truckload • Waste Hauling  
General Freight, Truckload • Couriers & Messengers  
Specialized Freight • Specialized Freight, Movers

IN THIS REPORT

• Injury data  
• Industry sector detail  
• Job classes  
• Injury prevention

Published November 2014

To download certain sections click below:

[Executive summary](#) (214 KB)

[Definitions and data sources](#) (1.3 MB)

[Fatality data](#) (221 KB)

[All injury types, all sectors combined](#) (797 KB)

[Strain, sprain or overexertion injuries](#) (342 KB)

[Fall from elevation](#) (340 KB)

[Fall on the same level](#) (340 KB)

[Struck by or against](#) (349 KB)

[Vehicle-related injuries](#) (350 KB)

[All other injuries combined](#) (344 KB)

Click below to download just your sector:

[General freight, less than truckload](#) (781 KB)

[General freight, truckload](#) (823 KB)

[Specialized freight, not including movers](#) (827 KB)

[Specialized freight, movers only](#) (828 KB)

[Waste hauling](#) (825 KB)

[Couriers and messengers](#) (798 KB)

Complete definitions are in the appendices

[Appendices](#) (268 KB)

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## Worth repeating

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

### Incident investigation

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

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

### Severe weather

[A truck driver's winter survival kit \(301 KB\)](#)

[Click here to link to more tools.](#)

## 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](mailto: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](mailto:info@KeepTruckingSafe.org).

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

Together we can prevent injuries in trucking  
[—KeepTruckingSafe.org](http://www.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](http://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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