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Welcome to the September 2014 edition of TIRES e-news, a periodic newsletter brought to you by the health and safety experts of KeepTruckingSafe.org.

New this month



Making G.O.A.L part of your routine

Get Out And Look stickers grace most side mirrors. It's commonly assumed in advertising that we will begin to believe what we hear repeated, but as we are all bombarded by so many advertisements in a day we stop noticing the ones around us that don't change. Here is a new way to address an old message. Remind drivers to get out and look during your next training and hang this poster to send the message again. It's a message worth repeating.

[Click here for safety poster](#) (323 KB).



Company president shares the pain of losing an employee to an on-the-job fatality.

If you manage a company, this is a call that you hope you'll never receive. It can happen to the best company, which is why we have to remain vigilant in hazard prevention. Take the opportunity today to remind your employees to always set the parking brake. Always. [Click here for the story](#). (269KB)

Here is a poster that you can print and hang to help as well: [Set it](#) (192 KB)

Also use chocks when parked on an incline. Since a slight incline may be hard to detect, a best practice is to always use chocks.

For more safety training information check out
KeepTruckingSafe.org

[Keep Trucking Safe blog](#) A new blog article comes out weekly so if you want new safety and health topics each week, be sure to sign up!

twitter  [@TruckSafe](#) Don't miss a tweet!

[YouTube](#) Don't Jump! Risky vs. safe trailer exit strategies on [YouTube](#). Be sure to watch both Part 1 and Part 2.

Worth repeating

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

Safety training material for everyone

[Click here to](#) check out our information on health issues including sleep apnea. If you are currently using an older CPAP machine, make sure it has a memory card in it so that you are able to show compliance at your next DOT physical.

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).

Interactive Simulation Chaining Tires

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

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

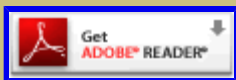
[Click here to check out upcoming events in trucking.](#) Let us know if you have a trucking industry related safety or health event that you'd like to add to the page.

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.

Funded in part by a grant from CDC NIOSH 5 U60 OH 008487. The contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC/NIOSH.

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