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

Survey results are in!

We asked for feedback and you gave it to us. [Click here to review preliminary results](#). Don't despair if you don't see your comments, we still have them and are working to be responsive. KeepTruckingSafe.org would not be successful without you!

Do you have more information to share? Contact us anytime at TruckingNews@KeepTruckingSafe.org.

New this month

Cargo often moves and is crushed during transport, making load shift is a very real concern. Correct stowage, palletizing, loading and load securement all contribute to safe unloading and reduction in damage to the freight.

There are also safer methods of releasing and opening cargo doors to protect you from being crushed by falling freight.



Save yourself, not the load

When something starts to fall, we instinctively reach for it. Unfortunately, this act of valor can injure you, or worse. Plan in advance to save yourself, not the load. [Click here for safety poster \(338 KB\)](#).



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. [Click here for the true story \(157 KB\)](#).

[Click here for more on load securement and protection from load shift.](#)

Ladder safety via interactive simulation

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.](#)



One more thing - This is the time to check that all cabs are stocked with emergency gear: [Click here for a truck driver's winter survival kit.](#)

For more safety training information check out
[KeepTruckingSafe.org](#)

[TIRES blog](#) Share your comments and suggestions. Get the latest scoop!

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!

Load securement: [Do you feel secure?](#) (367 KB)

Protect yourself from load shift: [Opening trailer doors](#) (203 KB)

Load Smart: [Plan ahead for the unload](#) (180 KB)

Training simulation tools

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.

Safety materials en Español

Bienvenido a nuestra edición en español del sitio web TIRES. [Estamos actualmente traduciendo al español todos los folletos y artículos.](#)

[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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