

If you are having trouble viewing this email, [view it online](#).



Welcome to the June 2013 edition of TIRES e-news, a periodic newsletter brought to you by the health and safety experts of KeepTruckingSafe.org.

New this month



Inspect your boots

You probably have some personal protective equipment (PPE) provided by your employer and some gear that you provide yourself to make your job safer. Take the time to inspect it to make sure it's in good working order. [Gear \(189 KB\)](#)

This poster may be printed on 11x17 paper.



These boots were made for walkin'

Here's a true story about a painful injury that occurred during a quick ladder descent. [Boots \(144 KB\)](#)



Training simulation: 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 \(157KB\)](#).

Follow KeepTruckingSafe.org

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

scoop!

[Twitter](#) 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!

[You wouldn't want to miss this...](#) (224 KB)

Training simulation tools

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 [safer tarping](#).

Choose your footwear wisely

Slips, trips and falls cause many injuries in the trucking industry. Test your safety knowledge with 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 [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

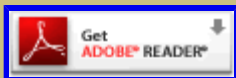
[Click here to check out upcoming events in trucking.](#) Let us know if you have a trucking industry related safety or health event that you'd like to add to the page.

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](#)

Adobe® PDF files



The **free** Adobe Reader® is required in order to view or print files in PDF format. You can [download the Reader](#) at **no cost** from Adobe's web site. For technical support see the [Adobe Reader support](#) page.

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.

This email was sent by: keeptruckingsafe.org

[Sign up to receive the monthly TIRES E News by clicking here:](#)



This email was intended for subscriber of the keeptruckingsafe.org e-card.
[Manage your subscriptions or unsubscribe.](#)