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Welcome to the March 2012 edition of TIRES e-news, a periodic newsletter brought to you by the health and safety experts of the TIRES Initiative.

New this month

NEW [Racing poster](#)

If you want professional truck driving to be your career, you need to work safely. This safety poster is a good reminder that professionals take their jobs seriously by working safely. Print on either 8.5x11 or 11x17 paper. [Be a pro - racing \(496 KB\)](#).

NEW [True story of how rushing can ultimately slow you down](#)

Read what happened to this truck driver who wanted nothing more than to please his customers, but was ultimately injured on the job. Includes tips to live by. [Costing him \(142 KB\)](#).

NEW [Needs 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.

Follow TIRES

[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!

A truck driver's winter survival kit

TIRES developed this [checklist \(301 KB\)](#) to help prepare you for the hazards of winter driving.

Winter Chain Up Tips

Hey, drivers, a change in the weather is fast approaching. And for some of you that means having to chain up so you can make it to your destination. Now would be a good time to check out your chains that have been hanging on the rack for any signs of damage before you are stuck along the road needing to chain up and your equipment leaves you stranded. So pull them down, lay them out and go over them looking for:

- Bent, broken, twisted or missing links,
- Excess rust or corrosion from the road salt/de-icer and
- Adequate bungee straps to keep them tight and loose chain ends from whipping.

Take care of your equipment and it will take care of you!

Tip sheet: [Tips for successful chaining \(262 KB\)](#)

Choosing the best footwear for severe weather

Report: [Get ready for severe weather, including having the right footwear](#)

True story: [Don't let your footwear get you down](#)

Poster: [Wear the footwear of the pros!](#)

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. \(223 KB\)](#)

Training simulation tools

Safer tarping

Explore strategies for [safer tarping](#).

Prevent slips, trips and falls

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](#).

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](http://keeptruckingsafe.org)

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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

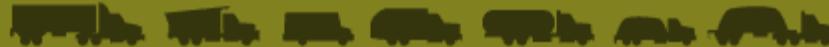
The Trucking Injury Reduction Emphasis (TIRES) project was developed by the Safety and Health Assessment and Research for Prevention (SHARP) program of Washington's Department of Labor and Industries.

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.

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