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**Welcome to the February 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



### Tarp safe simulation training

Looking for a fun way to discuss the basics of safely tarping a flatbed? Check out this newly revised [tarping simulation](#).



### Tarp safe poster

If you want professional truck driving to be your career and not just a short term job, you need to work safely. This safety poster is a good reminder to consider your options when you need to tarp a load. Print on either 8.5x11 or 11x17 paper. [Be a pro - tarping \(318 KB\)](#).



### True stories of injuries caused by tarping and tips to avoid them

Read what happened to three of Washington's dedicated truck drivers who were injured on the job. Includes tips to live by. [Tarping true stories \(170 KB\)](#).

## 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!](#)

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## Safety materials en Español

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

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## 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](mailto: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](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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