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Welcome to the November 2011 edition of TIRES e-news, a periodic newsletter brought to you by the health and safety experts of the TIRES Initiative.

## New this month



### TIRES blog - keeping communication rolling...

The [TIRES blog](#) is officially launched! This will give you (TIRES readers) a chance to respond, comment and share your knowledge with other trucking industry professionals. You can also follow TIRES on [Twitter](#).



### Don't Jump! Risky vs. safe trailer exit strategies

Check out these fun training videos that teach the safest way to exit a trailer to ground level. You can also [watch them on YouTube](#). Be sure to watch both Part 1 and Part 2.



### It was one of those days...

Maybe it was Murphy's Law, but this truck driver was really having one of those days. [Read the true story \(304 KB\)](#) and follow the tips to live by.



### A truck driver's winter survival kit

TIRES developed this [checklist \(301 KB\)](#) to help prepare you for the

hazards of winter driving.

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## Worth repeating

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

### 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

## 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](#).

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## 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.

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Have questions? We're here to help. Email us at [info@KeepTruckingSafe.org](mailto:info@KeepTruckingSafe.org).

**[Take me to keeptruckingsafe.org now.](http://www.KeepTruckingSafe.org)**

Together we can prevent injuries in trucking  
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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.

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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