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Welcome to the December 2010 edition of TIRES e-news, a periodic newsletter brought to you by the health and safety experts of the TIRES Initiative.


New this month

 **Santa's special delivery**

Ever wonder why Santa wears big, black boots? Find out with our [friction simulation tool](#).

 **Look before you leap!**

This poster emphasizes vigilance both while driving - **look twice** - and before exiting the cab. [Look before you ... \(159 KB\)](#).

 **Look twice**

Read the true story of a driver injured while performing her pre-trip inspection. Includes tips to avoid slip, trip and fall injuries. [True story \(89 KB\)](#).

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.

Force simulation tool

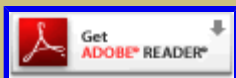
Does it really matter if you jump or use 3 points-of-contact when you exit the cab or trailer? Find out with our force-simulator. Use it as a training tool. Click [force simulation tool](#).

Have questions? We're here to help. Email us at info@KeepTruckingSafe.org.

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

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.

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