

We only use cookies that are necessary for this site to function, and to provide you with the best experience. Learn more in our [Cookie Statement](#). By continuing to use this site, you consent to the use of cookies.

0

Receive Updates



Keep Trucking Safe August 2020 Newsletter

Washington State Department of Labor & Industries sent this bulletin at 08/04/2020 06:17 AM PDT

Having trouble viewing this email? [View it as a Web page.](#)



Safety Material for the Trucking Industry
August 2020

Don't Let a Cough or Sneeze Spread Disease

Most times, a cough or sneeze is not a big deal. They are just harmless ways that your body protects its ability to breathe freely. When dust, dirt, germs, and other particles accidentally enter you airway, your body responds. You may feel an itch in your eyes, nose, or lungs, and then, suddenly, you take a quick, deep breath, shut your eyes, tighten your rib muscles, and let out a huge, loud blast of air. But there are times when this natural reaction that usually brings relief can become a health hazard. A cough or sneeze during flu season or a pandemic like the COVID-19 outbreak can spread germs that cause severe illness and death. Several days or much longer may pass before a sick employee shows any symptoms of illness. During this time, they may unknowingly spread germs if they cough or sneeze into their hands, near workers, and on objects that other people touch. An average sneeze or cough can spray thousands of germs from your lungs at speeds up to 100 mph and over distances of several feet.



Slowing down the spread of germs and disease requires covering your cough and sneeze.

[Tips to live by](#)

Safe + Sound Week 2020

From August 10 – 16, Safe + Sound Week will bring attention to the importance of workplace safety and health programs for preventing employee injuries, illnesses, and fatalities. The annual event encourages participation to help businesses get started with new safety programs or to revitalize existing ones. Company safety programs protect workers' lives and prevent costly injuries that can hurt your bottom line.



[Continue reading](#)

Fleet Maintenance Tips

Mechanics keep trucks on the road and drivers safe. We depend on them to keep the public safe too. Good mechanics are vital to the success of the trucking industry and to your company. Following a few simple procedures can keep them safe at work.



[Tips to live by](#)

Is It Hot Enough for You?

As the temperature continues to increase, truck drivers need to be on the alert when it comes to preventing heat-related illness. Everyone reacts differently to heat, but many become irritable and can make more mistakes. Symptoms of heat exhaustion include dizziness, weakness, headache, heat cramps or nausea. If these are not treated, symptoms can worsen to include passing out, blurred vision, convulsions and even death.

To prevent this, workers should sip on non-caffeinated beverages throughout the day. Staying hydrated helps your body sweat and maintain a normal body temperature. It can take time to acclimate your body to the temperature outdoors. Limit time spent working or exercising in heat until you are conditioned to it. Remind workers that their



safety and the safety of others on the road comes before all deliveries.

[Safety poster](#)

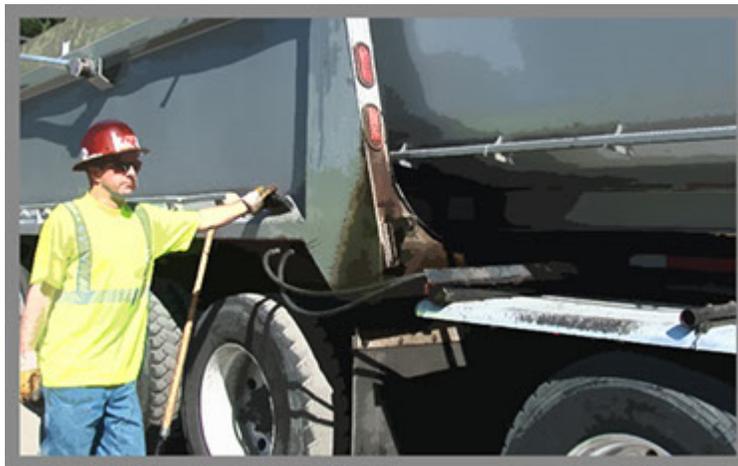
[More information on heat exhaustion](#)

[L&I heat exposure rules and requirements](#)

EDUCATION & TRAINING

If you're experiencing issues with Internet Explorer or Chrome, try a different browser like Firefox, Opera, Edge etc..

Transfer Trailer Safety



This course teaches prevention of common traumatic injuries in the paving industry.

[Try our training tool](#)

What Is Safety Climate?



Safety climate is the new catch phrase in occupational safety circles. But what is it? And what does it mean to your company? Find out in this training:

[Try our training tool](#)

More Training Simulations

MOST COMMON INJURIES

[Slips, trips, falls](#)

[Strain & sprains \(musculoskeletal disorders\)](#)

[Getting struck by or against an object](#)

Hazard Prevention Tools



TWITTER



BLOG



YOUTUBE

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 & 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. Free safety training materials are available at [KeepTruckingSafe.org](https://www.KeepTruckingSafe.org).

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.

[Contact us](#)

[Access Agreement](#) | [Privacy & Security Statement](#) | [Intended Use/External Content Policy](#)



[Subscribe/unsubscribe or modify your account settings](#). You will need your email address to log in. If you have questions or problems with the subscription service, please visit [subscriberhelp.govdelivery.com](#).

Powered by



[Privacy Policy](#) | [Cookie Statement](#) | [Help](#)