



# e-News



Health and safety information for the trucking industry.

Welcome to the June 2009 edition of TIRES e-news, a periodic newsletter brought to you by the health and safety experts of the **TIRES Initiative**.

---

## New this month



### To cheat, or not to cheat...

Read the true story of a truck driver who was seriously injured while using a cheater pipe to strap his load. Includes tips to live by.

Download a PDF file, [Cheating \(160 KB\)](#)



### Want to be a pro?

This is the first poster in a series called "Be a Pro." The aim of these posters is to encourage the use of safe methods to get the job done right. A professional driver takes his/her work seriously and will use safe methods to accomplish daily tasks, in this case - strapping a load.

Download and make as many copies as needed.

Download a PDF file, [Be a pro \(440 KB\)](#)

### Last chance to be heard

If you have not already responded, please complete this short survey to let us know how we can improve our service. Our belief is that *together we can prevent injuries in trucking*. Your feedback is vital!

[Take a survey.](#)

---

### Preventing Injuries in the Trucking Industry Focus Report

This report provides the trucking industry with information on claims, claim rates, costs, common causes, and prevention ideas.

To view the report, [click here.](#)

---

### Adobe® PDF files



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.

---

For more information about injury prevention strategies in trucking, including links to existing documents and posters, [click here.](#)

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.

---

## **TIRES Mailing List Information**

If this document was forwarded to you and you would like to be added to the TIRES e-news mailing list: email [truckingnews@KeepTruckingSafe.org](mailto:truckingnews@KeepTruckingSafe.org) and enter **Subscribe** on the subject line. Include your postal mailing address in the body if you are interested in TIRES safety posters and the TIRESPIN newsletter that are sent through the postal mail. TIRES distribution lists are not shared with anyone.

If you would like to be removed from the TIRES e-news mailing list: email [truckingnews@KeepTruckingSafe.org](mailto:truckingnews@KeepTruckingSafe.org) and enter **Unsubscribe** on the subject line.

---

Questions or comments? - [info@KeepTruckingSafe.org](mailto:info@KeepTruckingSafe.org)