



e-News



Health and safety information for the trucking industry.

Welcome to the May 2008 edition of TIRES e-news, a periodic newsletter brought to you by the health and safety experts of the **TIRES Initiative**.

New this month



Recurring pain can lead to disabling injuries

Deal with symptoms early before they develop into a painful, disabling condition.

Download a PDF file, [Report symptoms. \(160 KB\)](#)



What a trucker needs to know about CTS

Carpal Tunnel Syndrome - It's not just a keyboarding disease.

Download a PDF file, [CTS. \(153 KB\)](#)

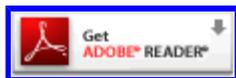


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For more information about injury prevention strategies in trucking, including links to existing documents and posters, [click here](#).

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.

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 and working 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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