

IT REALLY HAPPENED

True Stories
Real Truck Drivers
Serious Injuries



No Distance, Know Pain



Use cones or other channelizing devices to divert traffic from truck parking areas.

Truck drivers risk serious injury when they work on or around trucks parked too closely to traffic. Parking your truck a safe distance away helps prevent injury to you and damage to your rig. A 32-year-old truck driver learned this the hard way when he fell from his trailer after it was hit by another truck.

The driver parked his truck near an area that other trucks passed through often. He got out of the cab and climbed about five feet up on the trailer to adjust some equipment. As the driver worked, the sound of nearby vehicles faded from his attention. Another truck suddenly struck the driver's trailer, sending him falling to the ground. As the driver fell, he hit his back against a metal cargo bin before landing hard on his left side. Feeling instant pain shooting through his head, back, and neck, the driver needed immediate hospital care.

A medical exam and imaging scan showed that the driver's fall injury included strains and sprains to his neck and back along with several slipped discs. The injury left the driver with limited motion, stabbing pain, and numbness in his neck and back for more than a year. Months of treatment with little improvement revealed a permanent disability that ended the driver's trucking career. All of this happened because he parked too close to moving traffic.



Washington State Department of
Labor & Industries

TIPS TO LIVE BY

Management

Include a policy in your safety program that makes sure all worksites have traffic control plans, and clearly designated truck parking areas and pedestrian waiting areas.

Work with customers to locate, establish, and mark truck loading zones in business districts with limited curb space, no off-street parking, and competing user demands.

Educate drivers and other employees about maintaining situational awareness at worksites.

Drivers

Park your truck in a designated area at a safe distance from moving traffic.

Never work near moving equipment and vehicles.

Wear high-visibility reflective clothing meeting ANSI Class 2 or Class 3 standards.

Always maintain situational awareness of vehicle and pedestrian traffic at worksites.

Do not use cell phones, headphones, or engage in activities that distract you at worksites.

All Employees

Actively look for hazards and share injury prevention ideas with management.