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TIRES

(Trucking Injury Reduction Emphasis)

The TIRES research team is working with industry leaders, safety and health professionals, employers, drivers, warehouse and dock workers, and many others to develop educational materials that identify hazards and provide low-cost, simple solutions to prevent injuries in the trucking industry. Learn more about [TIRES](#).

Veterans Day is this month and the TIRES team would like to take a minute to show our appreciation to all those men and women who have served in the military. They sacrificed their lives for the sake of many and for the freedom of our country. With great gratitude, we salute you for the honor and freedom you brought to this country!

A tribute to the driver of the year

At the Day with the Winners event hosted by the Washington Trucking Associations, Joe Brown was recognized as the 2016 Common Carrier Driver of the Year. According to Donna Hall, CDS, safety director for Dedicated Farms, LLC, Joe's dedication to safety developed in the coal mines of Washington State before he became a truck driver.



[Continue reading blog](#)

Snowed in..

A 60-year-old truck driver was pulled off on the side of the road to spend the night. While he was asleep the city plowed the roads, effectively snowing him in. Unfortunately, he did not have a shovel to dig out so he tried using the winch bar. The excessive labor involved in using the wrong tool ruptured the rotator cuff in his shoulder. He's been off work for nearly a year now. That means he's living on about 60 percent of his salary. He hopes others will learn from his hard lesson and prepare for the snow in advance.



[Continue reading this true story.](#)

Are you ready for this...

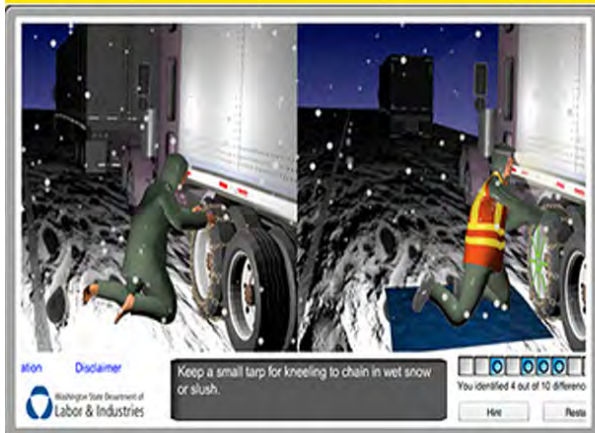
Winter is almost upon us and too often it catches people unprepared. Take the proper steps to prepare yourself for the season. Use this Tip Sheet to make sure you have the proper gear and essentials before the cold weather strikes.

[View Tip Sheet](#)



Education and Training Resources

Chaining Up



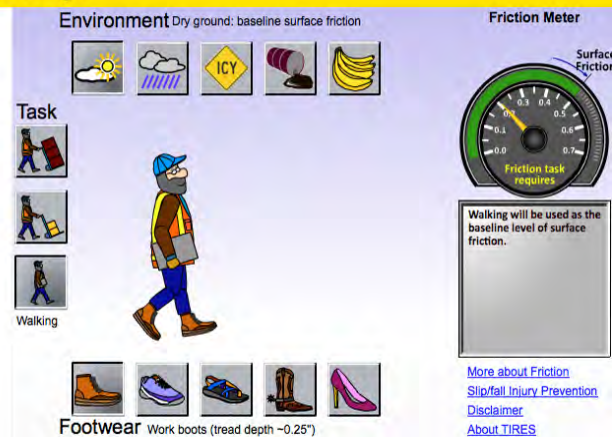
The first driver seems to have forgotten how to safely chain his tires. Find and click on the safety measures the second driver is using! Plan ahead and gear up before you chain up.

[Try Our Training Tool](#)

Prevent Slips

Slips, trips and falls cause many injuries in trucking. Changes in footwear, tasks and environment matter. Test your knowledge by clicking the slip simulation.

Try Our Training Tool



[Click here to view more training simulations.](#)

Most Common Injuries

[Slips, trips, falls](#)

[Strains & sprains \(Musculoskeletal disorders\)](#)

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

Hazard Prevention Tools

Get ready for severe weather, including having the right footwear

Winter storms create devastating road conditions that can cripple the trucking industry. During the winter of 2008, Washington truck drivers faced some of the worst driving conditions in recorded history

[Read Report](#)

A truck driver's winter survival kit

Use this checklist to make sure you are prepared for the hazards of winter driving and will be able to stay warm, safe and healthy if you are forced to spend an extended period of time in your truck.

[Read Tip Sheet](#)

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