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Receive Updates



Keep Trucking Safe October 2020 Newsletter

Washington State Department of Labor & Industries sent this bulletin at 10/06/2020 08:16 AM PDT

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Safety Material for the Trucking Industry
October 2020

No Space? Cover Your Face

Truck drivers travel alone a lot. Isolated in truck cabs, they often have little direct contact with other people. While this may lower their risk of catching or spreading COVID-19, they must still protect themselves and others when making brief stops along their route. The pandemic makes it hard to be sure that the person who talks, coughs or sneezes as they walk by is not infected—some don't realize they are infected. Drivers may feel a false sense of security at familiar customer sites or public places. This is especially true if they don't expect lengthy social interactions. Wearing a facemask helps keep drivers and others safe when social distancing and other prevention measures can't be maintained.

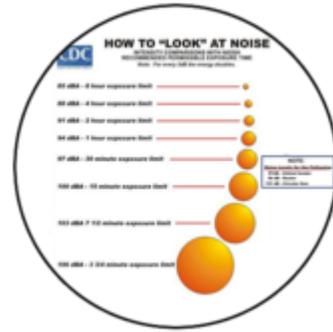


Tips to live by.

Have You Heard? October is National Protect Your Hearing

Month

October is National Protect Your Hearing Month. The annual observance is a time to learn about noise-induced hearing loss and ways to prevent it. Being exposed to loud noise can cause immediate or gradual hearing loss or other damage in one or both ears. The National Institute on Deafness and Other Communication Disorders reports that hearing loss due to loud noise may affect up to 24 percent of American adults under age 70.



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Don't Let Crime Hold You Up

Crime Prevention Month takes place each October to raise awareness of issues such as victimization and the need for volunteers to create safer, more caring communities. The annual observance began in 1984 as an effort of the National Crime Prevention Council to unite government agencies, civic groups, schools, businesses, and youth organizations to educate the public about crime prevention issues.

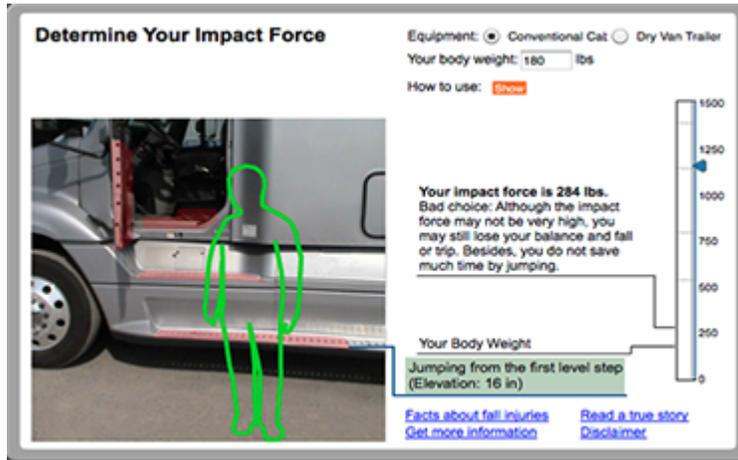


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EDUCATION & TRAINING

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Jump Force



Test your skill in this interactive truck cab and trailer exit force simulation. This simulation will illustrate the forces generated from exiting a cab or trailer of a large truck. To start the simulation, move your cursor over and click on any of the red zones. You can also enter the driver's body weight and choose whether you are exiting a truck or a trailer.

[Try our training tool](#)

Prevent Slips



Slips, trips and falls are a major cause of injuries in the trucking industry. The correct amount of friction prevents these injuries. Friction can be measured using the 'Coefficient of Friction (CoF)', which is proportional to grip between your shoes and walking surface. Friction changes with environment and contaminants, type of shoes and task activities.

[Try our training tool](#)

[More Training Simulations](#)

MOST COMMON INJURIES

Slips, trips, fallsStrain & 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.

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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