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2017 September Newsletter

By: Ace Guerra



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](#).

FMCSA Withdraws Sleep Apnea Rulemaking

On August 8, the FMCSA withdrew its rulemaking notice concerning moderate-to-severe obstructive sleep apnea (OSA). The new rule was to formalize screening criteria and testing protocols to provide a consistent way to address OSA-related safety risks in the trucking industry.

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FMCSA seeks public comment on removing diabetes mellitus exemption requirement

On July 27, FMCSA began seeking public comment on a proposed medical assessment form as another step towards removing a medical exemption requirement for

commercial truck drivers having insulin-treated diabetes mellitus.

In place since 2003, the exemption requirement compels medical examiners to automatically disqualify all drivers having diabetes mellitus.

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A day with the winners

Every year Washington Trucking Associations (WTA) puts on an award ceremony to honor those companies with outstanding safety records. This is a fun family event that took place at the Tacoma Country Club. Plaques for winning fleets are provided by the Washington State Patrol in partnership with the Washington Trucking Associations and Great West Casualty in partnership with the American Trucking Associations.



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Let L&I's SHIP grant program help fund your safety idea!

Do you have an idea for a unique best practice or safety product that can prevent workplace injuries to truck drivers or help injured drivers return-to-work sooner? Let the Washington State's Labor and Industries Safety and Health Investment Projects (SHIP) grant program help with funding. The SHIP program is now accepting applications for safety and health grants until October 31, 2017, and return-to-work grants until further notice. Return-to-work grants, which focus on getting injured employees back to work to prevent long-term disability, are in special demand and have no monetary caps. SHIP grants have provided funding for the development of a wide range of worker safety products including manuals, videos, online trainings, and mobile apps.



Learn more and apply by visiting:
<http://www.lni.wa.gov/Safety/GrantsPartnerships/SHIP/>
SHIP program contact info: Phone: **360-902-5588**
Email: **Invest@Lni.wa.gov**

Education and Training Resources

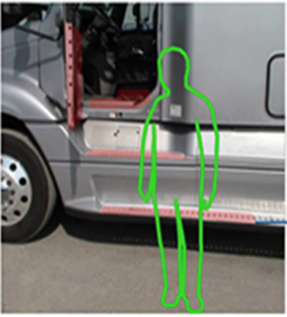
Jump Force

Determine Your Impact Force

Equipment: Conventional Cab Dry Van Trailer

Your body weight: 180 lbs

How to use: [Show](#)



Your impact force is 284 lbs. Bad choice: Although the impact force may not be very high, you may still lose your balance and fall or trip. Besides, you do not save much time by jumping.

Your Body Weight
Jumping from the first level step (Elevation: 16 in)

[Facts about fall injuries](#) [Read a true story](#)
[Get more information](#) [Disclaimer](#)


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.

[Try Our Training Tool](#)

Prevent Falls From Ladders

When it comes to ladders, rushing can get you a lot of pain. Use this interactive training to review safe ladder techniques.


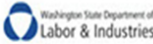
[Try Our Training Tool](#)



He was watching the front tank fill.

At a certain fill level, he needs to climb down to flip the valve between the tanks so the milk will flow into the second tank.

[More Information](#) [Disclaimer](#)

[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

12 truck drivers died on the job in 2016 – that’s more than any other occupation in Washington. This information and more can be found in the [annual report](#) recently published by SHARP’s Washington Fatality Assessment and Control Evaluation ([WA FACE](#)) program.

When you play the odds, sometimes you win and sometimes you lose. But play the odds with worn gear, and you could lose a load, an eye, or worse. Check your gear for wear. Never use worn bungees, straps or tie downs. If your load is worth strapping down, it’s worth using the right gear. Don’t play the odds!

[Annual Report](#)

[Odds Poster](#)

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