



Keep Trucking Safe March 2021 Newsletter

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Safety Material for the Trucking Industry
March 2021

Take Charge of Batteries

A fully-charged battery keeps trucks and forklifts rolling. Charging is key to maintaining battery performance and life, but not without hazards. People forget about the dangers of weight, sulfuric acid, and hydrogen gas. These require proper handling and storage to prevent strains, burns, and explosions. You can greatly reduce these risks by following a few specific steps to make sure the job is done safely. A great way to start is by reviewing these battery charging area and servicing regulations and planning resources.



Tips to live by

Be Wise, Protect Your Eyes

March is Workplace Eye Wellness Month—a time to take a fresh look at preventing eye injuries at work. The National Institute for Occupational Safety and Health (NIOSH) reports that around 2,000 workplace eye injuries requiring medical care occur every day in the United States. About 20% of these injuries result in missing one or more workdays to recover, with 10-20% causing temporary or permanent vision loss.



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Step Up for Ladder Safety

Falls from ladders cause more than 100 deaths and thousands of injuries each year in the United States. These incidents also include injuries to nearly 900 workers in Washington State. Improper ladder use ranked 7th among the state's top 10 workplace safety and health violations in 2019. Now in its fifth year, National Ladder Safety Month takes place every March to educate, train, and involve the public in preventing ladder injuries and deaths at home and at work. Celebrate by having your workers take the American Ladder Institute's free online ladder safety training. You can also show workers how to use the free ladder safety app from the National Institute for Occupational Safety and Health.



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EDUCATION & TRAINING

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Workplace Hazard Reporting and Response System

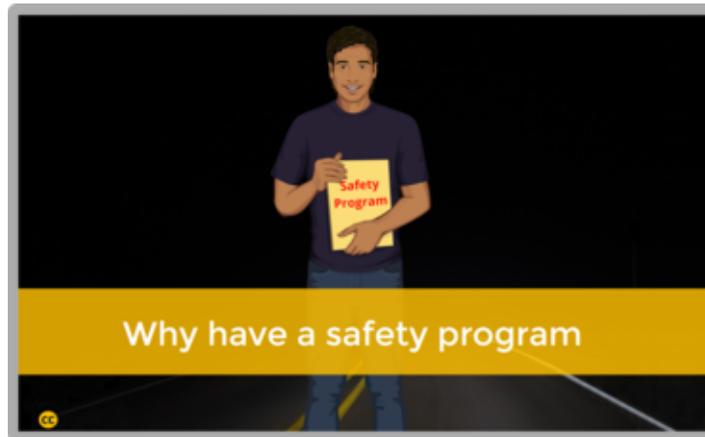


This training tool will teach you what a workplace hazard reporting and response system is and the importance of having one. This system is used to gather and

document information to improve hazard identification, assessment, elimination, and control.

[Try our training tool](#)

Why have a Safety Program



This interactive course teaches how having a safety program can keep your trucking workplace safe, productive, profitable, and clear of compliance violations.

[Try our training tool](#)

[More Training Simulations](#)

MOST COMMON INJURIES

[Slips, trips, falls](#)

[Strain & sprains \(musculoskeletal disorders\)](#)

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

[Hazard Prevention Tools](#)



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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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