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# Keep Trucking Safe April 2021 Newsletter

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**Safety Material for the Trucking Industry**  
April 2021

## Be an Ace with Jacks

Using a hydraulic floor jack the wrong way to lift a large truck or trailer can end in severely injuring or killing a technician working under the vehicle. Doing things the right way means starting with the jack manufacturer's safety instructions. Jacks that get a lot of use will wear out faster and can fail. That's why it is important to routinely inspect and service them. Never use the jack to support the vehicle after lifting. Instead, fully transfer the vehicle's weight onto heavy duty jack stands after lifting. Using jack stands will also extend your floor jack's lifespan. Knowing where the vehicle's recommended lift points are located will also lower risk.



[Tips to live by](#)

## Get Ready for 2021 International Roadcheck

The Commercial Vehicle Safety Alliance (CVSA) will hold its 33<sup>rd</sup> Annual International Roadcheck inspection and enforcement blitz from May 4-6. This year's event will emphasize lighting and hours of service, which ranked 3<sup>rd</sup> and 1<sup>st</sup> among last year's vehicle and driver out-of-

service violations, respectively. According to CVSA President Sgt. John Samis of the Delaware State Police, “CVSA shares the dates of International Roadcheck in advance to remind motor carriers and drivers of the importance of proactive vehicle maintenance and driver readiness. International Roadcheck also aims to raise awareness of the North American Standard Inspection Program and the essential highway safety rules and regulations in place to keep our roadways safe.” Previous Roadchecks have focused on driver requirements, hazardous materials, cargo securement, and tire safety.



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## Stress Less, Feel Better

Driving a truck requires being ready to take quick, sensible action at any time. Responding wrongly to a traffic hazard or other dangerous work condition can end in serious injuries, death, and costly damage. But maintaining a constant high level of readiness can be a challenge when workplace stress diminishes a driver’s mental and physical health. Medical research increasingly shows that chronic stress can raise the risk of mental and physical health problems. Prolonged stress can cause a driver to become a risk to themselves, their co-workers, and other motorists. Trucking companies can reduce workplace stress by including stress management and training in their safety programs.



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## Distracted Driving is Dangerous

Distracted Driving Awareness Month takes place each April to bring national attention to the dangers of distracted driving. The National Highway Traffic Safety Administration reports that in 2019, distracted drivers caused 3,142 deaths and many thousands of injuries on America’s roads and highways. That’s almost 9 people killed and hundreds injured every day. Washington State Traffic Safety Council data shows that distracted driving causes 30% of fatalities and 23% of serious injuries in crashes in the State of Washington.



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# EDUCATION & TRAINING

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## Landing Gear



This course teaches prevention of common shoulder disorders caused by improperly lowering the landing gear. See which body position is best to avoid an injury.

[Try our training tool](#)

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## Fatal Crush



A Washington State truck driver was killed on the job. This simulation discusses what happened. Review it with your workers to help prevent similar occurrences.

[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



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](http://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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