

Arming the transportation industry with safety solutions

Don't Fall Victim

You typically don't give much thought to getting in and out of trucks, especially if you're in a hurry. It's one of those things that every driver does many times a day, almost intuitively. And that means you could be in for a world of hurt. Safety experts say preventing injuries on the job requires education, demonstration of how to do things right and continuous follow-up to reinforce proper techniques and habits. It all begins when a driver is hired and can be reinforced weekly, monthly or when an accident occurs.

STATS

- According to the Bureau of Labor Statistics (BLS), truck drivers are more likely to suffer an injury as a result of a slip or fall than they are as a result of an on-the-road accident.
- Half of all driver injuries that result in lost time can be attributed to slips, trips and falls.
- Truck Driving is one of the top five occupations with high claims due to slips, trips and falls.

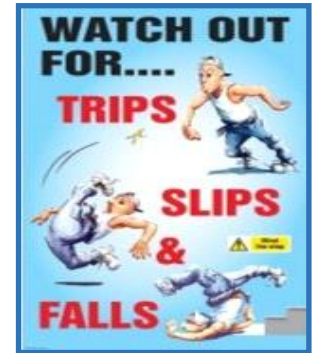
CAUSES OF SLIPS, TRIPS AND FALLS

Unless you're ice skating or skiing, you don't want to fall victim to slipping and sliding. Weather-related slips and falls become a serious hazard as winter conditions often make for icy and wet surfaces outdoors. Even wet leaves or mud can create treacherous walking conditions. You want to do everything you can to prevent accidents and injuries-outside and in. Perhaps the best way to go about it is with a little increased awareness of your surroundings. Make the assumption that every road or surface could be hazardous and step or proceed with caution!

TIPS TO AVOID SLIP, TRIPS AND FALLS :

1. Check the condition of grab handles and rails, steps, ladders, deck plates, catwalks, etc., during pre-trip and post-trip safety inspections and make any necessary repairs.
2. Keep such things as tools, gloves, brushes, fire extinguisher, etc., in their proper place and out of the path of entry/exit.
3. Enter and exit facing the vehicle, take sufficient time getting in/out and always use the three points of contact system.
4. Get a firm grip with your hands, not just with your fingertips.
5. Use the ball of your foot on step surfaces, not just the tips of your shoes.

6. Look for obstacles on the ground below before climbing down.
7. Avoid carrying items while entering/exiting so your hands are free to get a more secure grip.
8. Do not use parts of the vehicle that are not designed as handholds or footholds to get on or off.
9. Keep in mind that environmental conditions can affect the "performance" of grab handles, steps and surfaces. Conditions such as snow, ice, rain, mud, grease and even morning dew can increase slip or fall potential.
10. Wear the appropriate footwear. It should provide good foot and ankle support and have non-slip soles.



THREE POINTS OF CONTACT:

The biggest cause of falls from a vehicle is human error and failure to follow the "Three Point Rule". The Three Point Rule requires three of four points of contact to be maintained with the vehicle at all times – two hands and one foot, or both feet and one hand. This system allows maximum stability and support, reducing the likelihood of slipping and falling.

DRIVER PRE-TRIP:

One way to avoid injuries on the job is to get ready to work.

- Are you well rested? Feeling well? Fatigue and/or illness can drastically affect your ability to concentrate on driving safely.
- Do you have proper clothing for inclement weather, including proper work shoes or boots, gloves and other warm clothing?
- How about your attitude? Are you worrying about problems at home, difficulty with the boss, financial worries? These are common to all of us, but as professional drivers you accept a tremendous responsibility to the public when you get behind the wheel.

Most slips, trips and falls can be prevented, or at least can be made less severe. While various unsafe conditions can lead to these types of accidents, the best prevention is paying attention to what you're doing, where you're going, and what you encounter along the way.

July, 2020
The Shield
Don't Fall Victim
Quiz



Driver Name: _____ Date: _____
Please Print

Driver Signature: _____

Please circle one correct answer for each question.

1. Make the assumption that every road or surface could be _____ and step or proceed with caution!
 - a. hazardous
 - b. safe
 - c. soft
 - d. None of the above
2. Which of the following are good safety tips to prevent slips, trips and fall?
 - a. Keep such things as tools, gloves, brushes, fire extinguisher, etc., in their proper place and out of the path of entry/exit.
 - b. Wear the appropriate footwear.
 - c. Do not use parts of the vehicle that are not designed as handholds or footholds to get on or off.
 - d. All of the above
3. The biggest cause of _____ from a vehicle is failure to follow the "Three Point Rule".
 - a. slips
 - b. trips
 - c. heater
 - d. all of the above
4. The Three Point Rule requires which three of four points of contact to be maintained with the vehicle at all times?
 - a. 2 hands/1 foot
 - b. 1foot/1hand
 - c. 2 feet/1 hand
 - d. both a and c
5. One way to avoid injuries on the job is to get ready to work. A driver should perform a "Driver Pre-trip each day to make sure they are physically and mentally prepared to perform a safe job."
 - a. true
 - b. false



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