

SAFETYFIRST

INFORMATION DEDICATED TO DRIVER SAFETY



AHEAD OF
THE CURVE



Safety Management
Services Company, 2010

An affiliate of
Cottingham & Butler

Be Safe Out There

"In the United States, falls are the leading cause of injuries to professional drivers. The number is double that of injuries caused by motor vehicle accidents!"



Cottingham & Butler
TRANSPORTATION GROUP

Slips, Trips, and Falls

Performing Routine Actions

Getting in and out of the cab is a common action, but one loaded with potential hazards. It ranks as one of the most consistently dangerous actions that you can perform while on the job. You could slip on a step, mis-step, twist an ankle, or lose your grip on the handhold and fall to the ground. Other routine actions around the truck that can lead to serious injury due to slips and falls may include the following:

- ✓ Climbing up/down ladders (tanker)
- ✓ Climbing on top of loads (flatbed)
- ✓ Working on a catwalk
- ✓ Coupling and uncoupling
- ✓ Cleaning the vehicle
- ✓ Loading and unloading
- ✓ Climbing in and out of trailers
- ✓ Pre- and post-trip inspections

Performing Routine Job Tasks

When you're performing routine actions or any other job task on or around the vehicle, try to follow the three-point system. This system gives you the best balance and the least chance of slipping, tripping, or falling. When getting in and out of a vehicle or trailer, keep **two hands and one foot** or **two feet and one hand** in contact with the vehicle at all times. Make sure your grip and footing are secure and always look down before you step. Drivers need to avoid bad habits, such as swinging down from the cab or trailer, skipping and missing steps, stepping up or down on fuel tanks or tires, and jumping from the cab. All of these actions can lead to a serious injury. Wearing the proper gloves and footwear, such as those with rubber soles, can also help prevent you from slipping or falling while working around your vehicle.

In the United States, falls are the leading cause of injuries to professional drivers. The number is double that of injuries caused by motor vehicle accidents! While slips and falls are the most common cause of injury, they are also among the most preventable. So please, slow down, think about what you are doing, and watch your step.

REMEMBER . . .

**REPORT ALL ACCIDENTS TO YOUR SAFETY DEPARTMENT
IMMEDIATELY!**