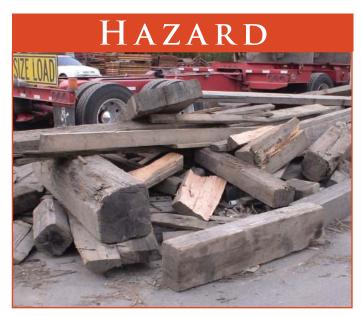


If you have to move it manually — Organize and store heavy objects at a comfortable height



Does the cribbing for your flatbed trucks look like this?

SOLUTION



Store cribbing, chains, and even freight at a safe height and location.

Injuries to muscles, tendons and joints can occur when . . .

- Workers must reach or lift heavy objects from the ground or from far away from the body
- Workers remove equipment that is stored incorrectly, or has become tangled, or stuck

How to prevent these injuries

- Provide storage locations and racks for equipment and materials
- Place the equipment as close as possible to the location of use
- Implement a policy of using mechanical equipment or more than one person to lift anything over 40 lbs
- Raise stored materials to eliminate heavy lifting from ground level

For more information, go to www.KeepTruckingSafe.org

SHARP Program,WA Dept. of Labor & Industries Box 44330 Olympia, WA 98504-4330

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