

# Tip Sheet



A series of health and safety tips to prevent work-related injuries in the trucking industry

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



### HAZARD

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](http://www.KeepTruckingSafe.org)

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