

# TIP SHEET

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

## Load Smart - Your Driver Will Thank You

### Hazard



This driver is turning a pallet that weighs approximately 250 lbs because it was not loaded in the correct position.

### Solution



The top tier pallet is positioned so that the receiving customer's forklift driver can lift it.

Material handling can cause injuries to drivers, loaders and unloaders. Strain injuries can result from manually rearranging pallets that should be mechanically moved. Workers also risk being hit or crushed when they have to move improperly stacked loads. Clear communication about efficient and safe load placement is the key to preventing injuries.



### TIPS TO LIVE BY

- Encourage communication between drivers and warehouse workers as part of your loading process.
- Have warehouse and sales staff ride along with a driver so they better understand the hazards.
- Think about the delivery route and arrange loads appropriately.
- Make sure load placement supports safe movement by hand trucks or pallet jacks and have the equipment ready in the truck.
- If possible, use a forklift to move and stack large, heavy loads.
- Train drivers on how to identify and safely deal with pinch points, slippery working surfaces and heavy or unstable loads.



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

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