

Tip Sheet



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

Recurring Pain Can Lead to Disabling Injuries



Recurring pain, numbness or tingling can signal the beginning of a serious injury. An important part of preventing these injuries is to respond to symptoms early, before they develop into a condition that keeps you from working.

How to prevent these injuries...

Employees - Report symptoms of pain, numbness, tingling or swelling

Let your employer know about any regular or constant pain that you feel is related to your job. Then talk to your doctor. Deal with symptoms early before they become serious and potentially develop into a painful, disabling condition.

Active rehabilitation while continuing to work is important. Get your physician's okay first!

Employers - Show company commitment to safety

Develop a method for employees to report symptoms early. When symptoms are reported, adjusting the way work is done can prevent a more serious injury from developing. Keep injured workers on salary and provide light-duty, meaningful work while they recover. This contributes to a positive safety culture.

www.KeepTruckingSafe.org

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

Phone: 1-888-667-4277

E-mail: TruckingNews@KeepTruckingSafe.org

Produced by the Trucking Injury Reduction Emphasis (TIRES) Project with funding in part from CDC/NIOSH grant U60 OH008487.

Publication No. 90-15-2008