

TIP SHEET

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



TIPS TO LIVE BY

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:

- Deal with symptoms early before they become serious and potentially develop into a painful, disabling condition.
- Inform your employer about any regular or constant pain that you feel is related to your job. Then talk to your doctor.
- Active rehabilitation while continuing to work is important. Get your physician's OK first!

Employers:

- 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.



Washington State Department of Labor & Industries

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KeepTruckingSafe.org