

# TIP SHEET

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



## TIPS TO LIVE BY

## Levelling Dock Plate Injuries

### Hazard



*Manually operated dock plates can cause over-exertion injuries to muscles, tendons, and joints and fall injuries to workers.*

### Solution



*Powered dock levelers reduce the risk of over-exertions and falls.*

- Warn workers of the hazards present when securing the dock plate.
- Establish and enforce standard procedures when securing and closing the trailer at the dock.
- Upgrade to powered dock levelers to reduce the risk of injuries while docking trucks.
- Select a powered dock leveler according to gross load and frequency of material handling equipment for safest performance.
- Have a preventive maintenance program that makes sure dock plates and dock levelers are in safe condition.

Securing trucks at the dock can cause injuries to muscles, tendons, and joints while lifting and moving the mechanical dock plate into position. Switching to a push button controlled powered dock leveler removes the need to pull or manipulate heavy dock components. Powered dock levelers can also smooth out forklift travel between dock and trailer, reducing vibrations to the driver's body. This type of system can also help prevent a fall from the dock while docking or closing a trailer.



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

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