

IT REALLY HAPPENED

True Stories
Real Truck Drivers
Serious Injuries



Abate the Weight



*Shown here is a swing-down bracket, an engineering solution to reduce the strain of lifting a propane tank.**

Photo courtesy Toyota Industrial Equipment Manufacturing, Inc.

A 53-year-old truck driver injured his lower back while changing propane tanks on his forklift.

He drove a flatbed truck with a trailer-mounted forklift he used to load freight alone.

One day while loading pallets at a customer site, the driver parked his forklift

to replace its empty propane tank. He removed the tank, set it on the ground, and grabbed a seventy-pound full one next to it. The motion of lifting and tilting the heavy steel tank from a bent over position up to his chest caused sudden pain in the driver's lower back and legs. He buckled and collapsed. On his own and unable to stand, he crawled slowly back to his truck's cab, where he fell several times pulling himself up the steps to reach his cell phone to call for help.

Medical exams showed the driver severely strained his lower back. Over time, pain spread throughout his body, making it hard to stand, sit, or sleep. The injury has kept the driver from working and living a normal life for many months.

** TIRES does not endorse any commercial products.*

TIPS TO LIVE BY

Management

- If possible, equip forklifts with lighter-weight 33.5 or 20-pound aluminum propane tanks.
- If possible, purchase swing-down tank brackets or a mechanical tank-lifting device to prevent lifting injuries.
- Set limits to what drivers can and cannot do while working alone at customer sites.

Drivers

- Make sure propane tanks are full during forklift pre-trip inspection before driving to customer sites.
- Seek assistance or use a mechanical tank-lifting device to lift and install propane tanks.
- Use a hand cart to move tanks to and from designated storage area.
- If possible, keep a charged 2-way radio or mobile phone in your possession to call for help if injured while alone.

All Employees

- Report all injuries as soon as possible to supervisor or management.



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KeepTruckingSafe.org

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