

Tip Sheet



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

Protect yourself from falling objects

Hazard



Simply opening your trailer doors can put you at risk for a serious injury.

Solution



Unlock and open one side at a time. Stand behind the door while opening.

Many workers' compensation claims are caused by falling cargo.

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You can protect yourself from load shift.

- Make sure all goods are shrink-wrapped, strapped on the pallet or secured to side wall.
- Secure the load using a cargo bar, Velcro™ strapping, or webbing.
- Unlock and open one trailer door at a time. Shield yourself from falling cargo by standing behind the door.
- Don't try to catch falling cargo or boxes.

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