

# TIP SHEET

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



## TIPS TO LIVE BY

### Secured Freight is Stacked Straight

#### 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 result from truck drivers being struck by falling cargo. Injuries most commonly occur during unloading – either from improperly stacked pallets or unsecured cargo. These injuries are 100 percent preventable if you train your employees how to safely load, unload and secure cargo.

- Take time to properly secure all cargo. Double check the work of others.
- Make sure cargo is shrink-wrapped, strapped on the pallet, blocked, braced, or fastened 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 freight.



Washington State Department of Labor & Industries

TIRES is a project of the Safety & Health Assessment & Research for Prevention (SHARP) program of the Washington State Department of Labor & Industries. TIRES is supported in part by CDC/NIOSH grant# U60 OH008487. For more information and free training resources visit

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