



There are worse things than getting your toes stepped on



Industry: **General Freight**
Occupation: **Truck Driver**
Task: **Unloading Truck**

A 31-year-old truck driver for a general freight trucking company was unloading a box that weighed about 200 lbs. The box was not strong enough to hold the contents and it came apart, dropping the heavy contents on his left foot. Many of the bones in his foot were fractured.

He was off work for 178 days and his injury cost over \$19,000.

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Injury Prevention Tips To Protect Your Feet

- Inspect boxes before moving.
 - Look for broken banding or insufficient or old tape.
 - Push box lightly to gauge its weight.
- Use the correct equipment for loading/unloading. Avoid manual lifting whenever possible. If you have a lift gate - use it!
- Wear proper footwear such as steel-toed or sturdy leather boots.

SHARP Program
Dept. of Labor & Industries
PO Box 44330, Olympia, WA 98504-4330

Phone: 1-888-667-4277

E-mail: TruckingNews@KeepTruckingSafe.org