



Don't let your footwear get you down

Industry: **General freight trucking**
Occupation: **Truck driver**
Task: **Exiting cab at end of day**

A 54-year-old no-touch freight truck driver was heading home at the end of a day. It was a rainy day in Washington - but he was used to that. He was wearing his comfy sneakers as he stepped from the cab. His right foot was still in the cab, when his left foot slipped off the perforated running board. His legs did the splits, tearing the hamstring on his right leg. That pair of athletic shoes cost 15 days of work and a workers' compensation claim of almost \$2,000.



TIPS TO LIVE BY

- Always wear sturdy shoes with good traction. Rainy or icy weather can make even the simplest task treacherous. Don't take the risk.
- Maintain 3 points-of-contact when entering or exiting the cab.

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