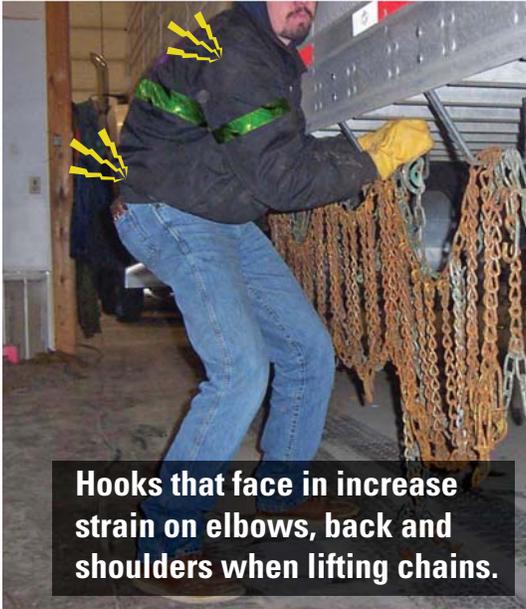


# Tip Sheet



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



**Hooks that face in increase strain on elbows, back and shoulders when lifting chains.**



**Hooks facing out allow for better posture when lifting chains.**



**Inspect chains for wear. Fix any defects.**

## ✓ Tips for Successful Chaining

- ❑ Inspect your chains for defects at the beginning of each winter season and after each use.
- ❑ Practice chaining each truck you drive.
- ❑ Keep a flashlight and back-up batteries in your truck.
- ❑ Review tire chaining requirements in the *Washington State Commercial Vehicle Guide*, section one, pages 10-14.
- ❑ Use DOT provided chain-up areas or pull as far off roadway as possible.
- ❑ Place 3-rail chains carefully by wrapping the chain around outer tire, then lifting over inner tire.
- ❑ Avoid damaging the tire by facing cross-chain-hook ends out.
- ❑ Snug excess chain out of the way using a bungee cord or similar device. Hanging chains can cause damage.
- ❑ Use your 5th-wheel release hook to grab the loose end of the chain on the back side of the tire.
- ❑ Wear your reflective clothing. Make sure others can see you!

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

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