

# High mileage and rough treatment can wear your truck out.

*Jumping from your cab will wear your knees out, too.*

**Take care of your body, just like you take care of your truck.**

You can extend the mileage of your knees by:

- ✓ Using 3 points of contact and facing the cab.
- ✓ Wearing sturdy boots with good traction.

*Don't jump! Most trucking industry claims are caused by injuries to muscles, tendons and joints.\**

Keep your body in good working order:

- ✓ Look around for obstacles before you exit the cab.
- ✓ Report yard issues to your supervisor.

*Mud, ice, potholes, debris. Falls derail 10% more drivers than collisions. Don't let a fall take you out-of-service.\**

*\* Preventing Injuries in the Trucking Industry Focus Report 1997 - 2005.*

# WRONG WAY



# WRONG SHOES

Visit [www.KeepTruckingSafe.org](http://www.KeepTruckingSafe.org) for more information on how to reduce your risk to injury.

Publication No. 90-55-2010

November 2010

CDC/NIOSH Grant No. U60 OH008487

