



## Making the Connection

It may not look like a big deal, but how you make the connections matters. Awkward reaching, holds and motions with added force can cause injuries to your muscles, tendons and joints.

### Hazard



**Stress to your wrist, shoulder, elbow and back are two to three times higher when you lean, twist or use other awkward postures.**

### Solution



**BETTER:** Force is dispersed between both arms. Grip is aligned with body.

**If possible, use a full-fist power grip to make connections. Support tightening or loosening motions with your free hand.**

**Owners** - Check the configuration of equipment when ordering new trucks. The connection block should be positioned below shoulder level and close to the trailer edge for easy access. Position battery box so it is not in the way of the connection block. Talk to your dealer about after-market equipment to upgrade older-style trailers and trucks.

**Drivers** - Be aware of your surroundings when checking or hooking up your electrical system. Watch for debris, ice, spills and uneven ground. Wear your high-visibility clothing so others can see you.

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

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