

TIP SHEET


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



Proper Posture is Less Stress

TIPS TO LIVE BY

HAZARD



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

SOLUTION



Use a full-fist power grip to make connections. Disperse force between both arms and align grip with body. Support tightening or loosening motions with your free hand.

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. Good posture, careful movements, and strong full-fisted holds on brake line and electrical connectors will go a long way to prevent injuries.

- Be sure tractor and trailer are securely coupled and brakes set before connecting air lines and electrical cord.
- Inspect air lines, electrical cord, and glad hands for damage.
- Wear puncture-resistant gloves and avoid awkward reaching, holds, and motions to make connections.
- Don't force the connection if it doesn't fit.
- If possible, configure air brake and electrical connection blocks below shoulder level and close to the trailer edge for easy access, position battery box so it does not obstruct the connection block.
- Be aware of your surroundings and watch for debris, ice, spills and uneven ground. Wear high-visibility clothing so others can see you.



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KeepTruckingSafe.org

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