

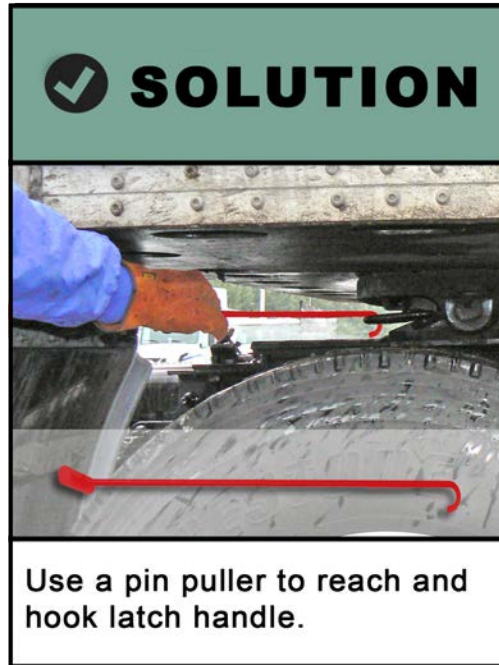
TIP SHEET

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



TIPS TO LIVE BY

Give Fifth Wheel Snags the Hook



Unlocking a fifth wheel to release a trailer kingpin can be agonizing. Bending and reaching under the trailer to wrestle a stubborn release latch can cause neck, shoulder and back injury. Grease, oil, and road grime can mess up your work clothes too. Using a pin puller is a simple and safe way to hook and pull a release latch without having to reach under the trailer.

- Align the truck and trailer on firm, level ground and set the trailer parking brakes.
- Pull forward slightly to release tension on the fifth wheel release latch.
- Do not exhaust air from tractor suspension before uncoupling.
- Stand parallel to the trailer and use the pin puller to reach, hook, and pull the fifth wheel release latch.
- Report mechanical problems to your supervisor or repair shop.
- Wear reflective clothing when outside your truck.
- Before you exit the cab look for debris, ice, oil or holes in the ground.
- Always use 3 points of contact to enter or exit your cab.



Washington State Department of Labor & Industries

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KeepTruckingSafe.org

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