

# True Stories

Trucking industry injuries and prevention tips



Industry: **Delivery**  
Occupation: **Truck driver**  
Task: **Correcting trailer weight**



## TIPS TO LIVE BY

### Employers

- Train workers on best practices for loading.
- Keep loose materials covered to protect from the elements.
- Provide mechanized equipment to load or adjust the load, if possible.
- Keep your yard clean and free of debris, especially oils.

### Drivers

- Carry work boots in your cab for special circumstances.
- Remember that rain or snow can affect the weight of your trailer.
- Don't park on slopes, loads may shift or tip over.

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## What if you are **overweight**?

We're talking about your truck, not your waistline! Dealing with an overweight truck is no fun. While attempting to get his truck to a legal weight, a 52-year-old Washington truck driver fell and injured his rotator cuff.

It should have been an easy load, one he had made many times. Usually the amount of bark loaded would have been a legal weight, but this day's load was sodden with rain water — much heavier than usual.

The driver realized he needed to shovel out some of the bark to get down to legal weight. Work boots with non-skid soles would have been ideal, but on this day, he was wearing leather-soled shoes. The aluminum trailer floor was slick with rain and bark. The ground had the same hazards plus diesel fuel and hydraulic oil from the lumber yard. A real mess!

The driver started to climb into the trailer, but slipped and fell four feet from the back of the trailer — flat on his back. He twisted his shoulder trying to break the fall. His injured rotator cuff kept him off work for over four months and cost over \$45,000.

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

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