

# True Stories

Trucking industry injuries and prevention tips



## You might be strong... but are you *this* strong?



Many Washington truck drivers discover the hard and painful way that they are no match for the power a worn bungee cord can have when it snaps. Taking time to check and replace worn bungees is worth it when compared to the types of injuries truckers have sustained from worn bungees or straps.

One 43-year-old flatbed truck driver had already tarped his first trailer and was working on the second one when a bungee broke. He fell about four feet from the flatbed and was found by the forklift driver in a pool of blood. He sustained a head injury, shoulder injury, three broken ribs, a fractured thumb...the list goes on. He was off work for 67 days and his workers' compensation claim cost over \$30,000.

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

SHARP Program  
Dept. of Labor & Industries  
1-888-667-4277  
TruckingNews@KeepTruckingSafe.org

Publication No. 90-76-2011  
September 2011

### TIPS TO LIVE BY

#### Employers

- Provide plenty of good quality bungees.
- Train drivers to inspect and replace worn bungees.

#### Drivers

- Follow instructions imprinted on bungee cord, especially the maximum length the cord can safely be stretched.
- Keep your body position at a right angle to the path of tension to reduce the chance of getting hit if the bungee breaks.
- Do not tie knots in cords to shorten them or repair a broken cord.
- Put worn or damaged bungees in the trash so they cannot be used again.
- Keep spare bungees in your truck so you aren't tempted to use ones that get damaged.

Produced by the Trucking Injury Reduction Emphasis (TIRES) Project with funding in part from CDC/NIOSH grant U60 OH008487. Thanks to the Alabama Trucking Association Workers Compensation Fund.