



Tarping doesn't need to be a pain in the back!

Industry: **Trucking**

Occupation: **Truck Driver**

Task: **Tarping the load**

Case 1

A 48-year-old truck driver lifted and pulled a 50-foot-long frozen tarp across a truck trailer full of wheat. While pulling the tarp, he felt a snap in his back followed by extreme pain. This dedicated driver was permanently disabled from the injury. His workers' compensation claim cost over \$300,000.

Case 2

One day, after years of picking up tarps to cover loads, a 40-year-old truck driver felt a popping sensation and pain when he picked up the tarp. Now he cannot even bend or move without pain in his lower back. He was permanently disabled from the injury and now cannot return to his job. His workers' compensation claim cost over \$500,000.

Case 3

A 28-year-old truck driver bent down to pick up a tarp and felt a slight discomfort in his lower back. He ignored it and kept working, knowing he needed to get the job done. The pain progressed until a couple of days later when it became extreme. This injury caused him to be off work for nearly 3 years before he could return to gainful employment. His claim cost over \$120,000.

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SHARP Program

Dept. of Labor & Industries

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TIPS TO LIVE BY

Employers

- Provide a tarping station or rolling staircase.
- Reduce weight from water and ice by providing a tarp storage box to keep it out of the weather.

Drivers

- Ask the forklift driver to put your tarp on top of the load.
- Use a partner to help pull off and put on the tarp.
- If you must lift a tarp, hold it close to your body.
- Stay aware of your footing on the trailer deck.
- Wear high-visibility clothing or vest when working around your truck.

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