

- Accounted for nearly 35% of all compensable claims
- Cost over \$107 million
- Resulted in over 576,000 days of time-loss, that's equal to 3.3 million hours of lost time
- Nearly 71% of these injuries were to drivers



Median medical costs for strain, sprain or overexertion compensable claims were around \$5,500 for most occupational groups but for management occupations, even though they are the smallest group, their median medical costs were about \$10,500 (Figure 10).

Figure 10. Compensable claim median cost and medical cost for fall from elevation injuries by occupation, 2006-2012

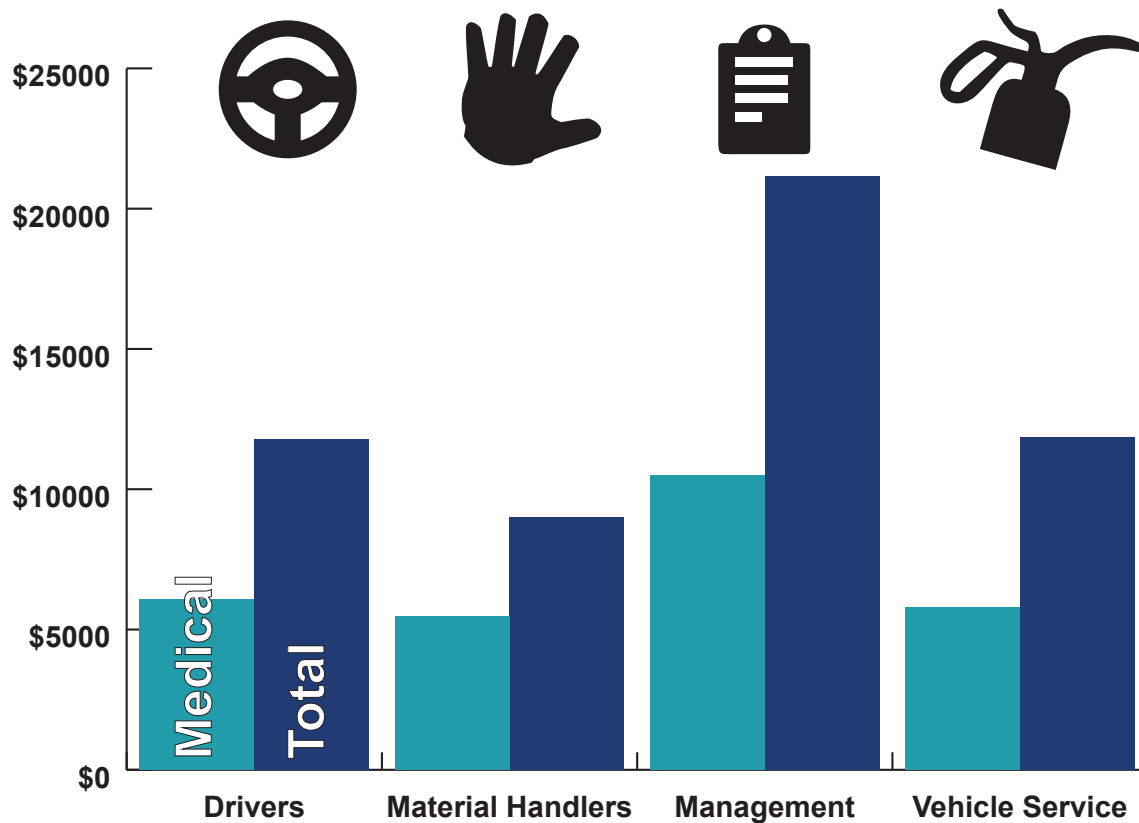
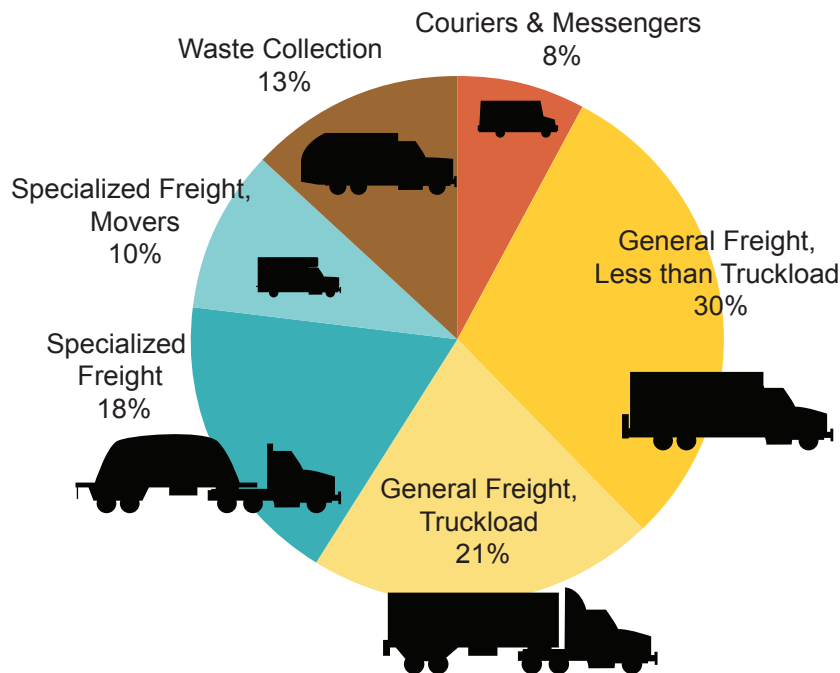


Figure 11. Percent of Strains and Sprains injuries by trucking sector



30% of strain, sprain or overexertion injuries happened in General Freight Trucking, Less than Truckload.

Some of the most common injury activities in this category were:

- **Connecting/disconnecting the trailer to the truck**
- **Opening stuck trailer doors**

## TRUE STORIES

I injured my lower back when I pulled the fifth wheel pin handle to disconnect the trailer from the tractor.

I pulled a muscle in my arm when I used the strap to pull a stuck semi trailer door down.

I was lifting wet cardboard and putting it in the recycle truck and I felt some pain in my back.

Excess lifting of heavy packages while loading trucks.

On-going lifting and gripping caused numbness and pain in right arm and hand.

I was putting snow chains on my semi and felt a very painful pop in my arm.

**Suggested citation:** Rauser, Smith and Williams 2014. Trucking Industry: Examining Injuries for Prevention, 2006-2012. SHARP Program, report #90-148-2014. Washington State Department of Labor & Industries, Olympia, Washington.

**Full Report** at [www.KeepTruckingSafe.org](http://www.KeepTruckingSafe.org)