

Protect your injury hot spots

Truck Drivers

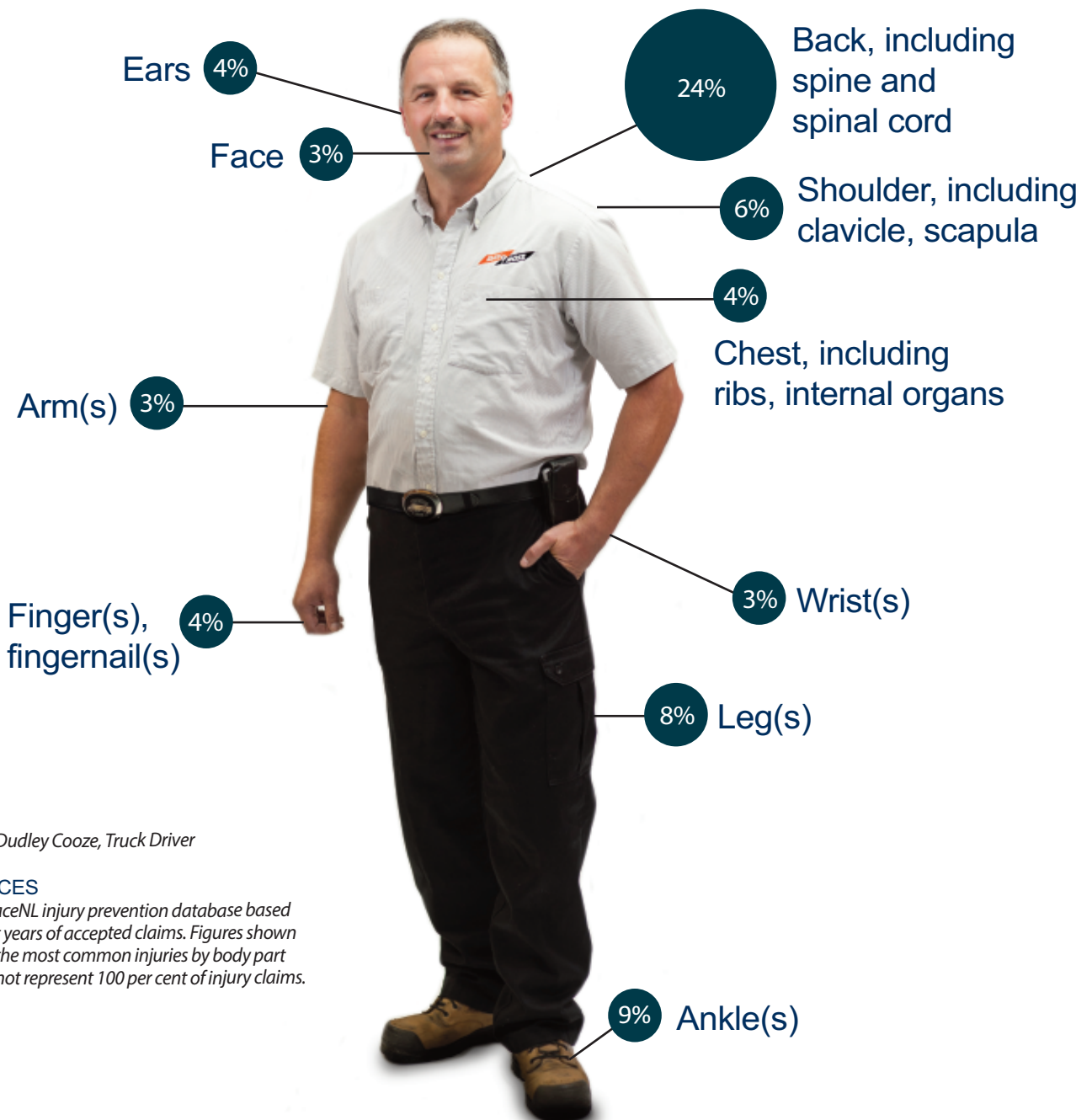


photo: Dudley Cooze, Truck Driver

SOURCES

WorkplaceNL injury prevention database based on eight years of accepted claims. Figures shown refer to the most common injuries by body part and do not represent 100 per cent of injury claims.

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COMMON INJURIES

FACTS

Injury Hot spots Truck Drivers



Prevention Tips

LIFTING, PUSHING, PULLING AND HANDLING MATERIALS

- Use mechanical load shifting devices where possible, e.g. cranes, material hoists, forklifts, hand trucks, etc.
- Heavy or awkward loads should have lifting points or handles fitted.
- For heavy or awkward loads, consider breaking down the load or ask for assistance.
- Use personal protection equipment that is suited to the task.
- Ensure sharp edges of materials are covered before handling.
- Check the safety of the load to avoid improperly balanced loads which may cause instability, shifting, or rollovers.

PROTECT YOURSELF

- Exercise when possible.
- Maintain good posture.
- Ensure nothing is in your back pockets. Wallets and other items should be removed while driving to ensure correct alignment while seated and avoid a back injury.
- Drink large amounts of water all day to help curb unhealthy eating, keep you hydrated, and force you to take bathroom breaks resulting in exercise.
- Adhere to the legal limits for driving hours. Get plenty of rest prior to driving and take regularly scheduled breaks.
- Use UVA/UVB sunglasses while driving during daylight hours.
- Use UVA/UVB sunscreen. Although you may be in the cab of the truck, you are still exposed to the sun's harmful rays.
- Use CSA approved eye protection when performing any truck maintenance or handling the load to avoid potential eye injuries.

- To reduce/avoid noise induced hearing loss, use air-conditioning in the cab if possible instead of rolling down the window while driving and/or when walking or operating in a noisy work environment, use CSA approved hearing protection.
- Buckle up your seat belt for safety and to allow for you to maintain control of your truck if you are in a crash.
- Conduct a pre-trip inspection to ensure your truck is safe to operate!
- Watch out for highway construction or other distractions/ disruptions to your route. Use caution when travelling through construction zones and adhere to traffic control.
- Adjust mirrors and be vigilant of vehicles that may enter your blind spots.
- Allow for sufficient stopping distance as large trucks require a much greater stopping distance than smaller vehicles.
- Maintain a safe speed; abide by the rules of the road!
- All systems should be carefully checked, including the air brakes, the horn, the steering, the windshield wipers, tires, and other vital safety features.
- Be cautious of road conditions. Slowdown in poor weather and construction!
- Avoid driving when you are taking medications that may cause drowsiness. Do not drink and drive.
- Use a spotter and/or a back-up alarm.

EYE PROTECTION

- Wear CSA approved protective eyewear that is appropriate to the conditions of the workplace.

For additional information please contact:

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