

SMART DRIVER[®] October 2022



ENSURING DRIVER SAFETY AROUND THE VEHICLE

Working on and around a truck can expose a driver to potential injuries, which could be costly to one's livelihood and lifestyle. Read the information below about preventing injuries around the truck, and then ask yourself how you can better protect yourself from harm.

RECOGNIZE THE HAZARDS



ENVIRONMENT

The weather can create hazards around the truck. For instance, ice, snow, rain, and mud can make surfaces slippery and cause your feet to lose traction. These conditions can cause a driver to fall off the tractor, trip in a pothole, or slip and fall. Likewise, wind gusts can catch trailer doors and cause injuries.



EQUIPMENT

Cargo can shift while en route and fall on top of an unsuspecting driver when the driver is opening the trailer doors. Likewise, performing tasks like cranking the dollies, pulling the fifth wheel pin, and sliding the tandems often leads to shoulder and back injuries.



PERSONAL BEHAVIOURS

Hurrying and ignoring safety procedures are key factors in work-related injuries. Drivers who fail to perform a thorough pre-trip inspection or do not utilize PPE increase the risk of personal injury.

KNOW THE DEFENSE



CONDUCT PROPER VEHICLE INSPECTIONS

Walk around the vehicle and note defects thoroughly. Report the issues to maintenance immediately for repair.



USE THREE POINTS OF CONTACT

Always face the equipment when climbing on or off and use three points of contact, meaning both hands and one foot or both feet and one hand are always in contact with the equipment.



UTILIZE PPE

Always wear gloves to protect your hands when handling freight or performing tasks, like sliding the trailer tandems. Wear proper footwear with slip-resistant soles and steel toes, and ensure the footwear is made of puncture resistant material. Utilize door straps to protect yourself from shifted or fallen cargo.



FOLLOW ESTABLISHED PROCEDURES

Stretch your back, shoulders, arms, and legs before performing tasks like uncoupling the trailer, cranking the dollies, sliding the tandems, or opening the trailer doors. Use the proper technique to avoid muscle strains and reduce the risk of cuts and abrasions. Also, do not inhibit your range of motion when performing these tasks. If parked too close to another truck or object, reposition your truck to give yourself more room to maneuver.



BE ATTENTIVE TO SURROUNDINGS

When working on or around the truck, be mindful of slip, trip, and fall hazards such as potholes, ice patches, and puddles. If working in the dark or low-lit areas, use a flashlight. Remember to slow down, and do not hurry.

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Knowledge Verification

Driver's Name: _____ Driver's Signature: _____

Emp/Unit#: _____ Date: _____ Witness Name: _____

Please answer, and forward a completed copy to your Safety Department/Safety Representative.

1. Drivers opening doors must be alert for shifted Cargo?
2. Drivers in a hurry are always safe?
3. Proper footwear helps prevent injuries ?

True	False
True	False
True	False

Answers:
1. True
2. False
3. True



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