



Slip and Fall Hazards for Truck Drivers

This Safety Talk is to raise awareness of workplace hazards that can cause a MSI. An injury that results in a strain, sprain, torn muscle, tendon, ligament or joint is called a MSI (musculoskeletal injury).

Slips, trips and falls are frequent causes of injury for truck drivers. Some studies have indicated that in the trucking industry over 50% of all slips and falls occur on or near the tractor and over 20% occur while drivers enter and exit their tractors and trailers.

The following safety information will provide you with training on assessing hazards that could lead to a MSI and instruct on implementing control measures to prevent a MSI.

Risk Assessment/Hazards

These risks and hazards have been identified to cause injuries:

- Using incorrect hand and foot placement
- Slippery or obstructed equipment surfaces
- Mud or grease on footwear
- Cluttered or uneven landing area
- Carrying freight that blocks vision
- Entering or exiting equipment in a hurry
- Jumping from equipment
- Poor housekeeping in cabs or on loading docks, such as trash or missing handrails.



Control Measures/Safeguards

Please take care and caution and follow these safe work procedures to prevent you from injury:

- When entering and exiting the cab, use the 3 point contact system.
- When exiting the cab, face the truck and step down gently and slowly to the ground.
- Use the same 3 point contact system when climbing up or down between the power unit and trailer to hook up brake and electrical lines.
- Watch for slippery or uneven surfaces on or around your unit.
- Clean footwear of mud, snow, ice, grease, or other slippery substances.
- Make sure running boards, treads, steps, footholds, and platforms are clean and dry.
- When climbing into the trailer body, select firm foot and handholds.
- Do NOT jump from cabs, trailer bodies or loading platforms.
- When possible, close or open overhead doors before pulling away from platform so you won't have to climb up and down from trailer body.
- Have a clear line of vision when carrying freight.
- When working on the catwalk behind the tractor, move slowly and deliberately.
- Use the 3 point contact system when climbing up to tarp or untarp, secure the load, or close hatch covers.
- When on the loading dock, watch for "bad" housekeeping, such as oil slicks, dunnage, trash, and loose or missing handrails.

Thought Provoking Questions

Do you practice 3 points of contact when entering or exiting your machine?

Do you keep your footwear clean and free of mud?

