



Preventing Slips, Trips & Falls

Slips and falls can produce serious and painful injuries that can potentially impact your quality of life and income. In the Transportation Industry, slips and falls are the leading cause of non-vehicular injuries & fatalities. Winter weather is a well-known headache for driver. But when you arrive at locations, you have to face another hazard: sidewalks and parking lots that may be icy and slick. While slips and falls are the most common incidents, they are also the MOST PREVENTABLE. To help stay safe while navigating parking lots in wintry conditions, follow these tips

Precautions for preventing & reducing slips, trips and falls ~

Proper Footwear – safe footwear should have slip-resistant soles, deep tread on the bottom, low heels and ankle support.

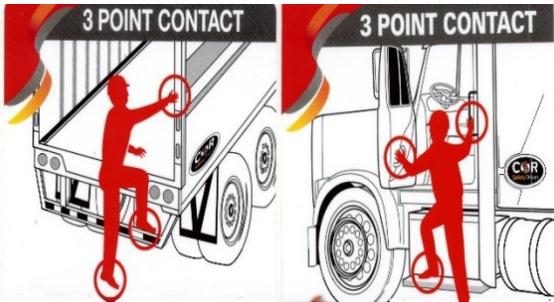
Survey your surroundings – look where you're stepping and anticipate slippery surfaces. Black ice often appears early in the mornings & in shady areas. Always use a flashlight at night when walking around your truck.

Use caution – Walk SLOWLY and consciously when snow and ice is present, using handrails when available.

Loading docks & entrances – watch for slick areas where others may have tracked in snow and slush. If you make a mess, take the time to clean it up. Also, **NEVER** jump from cabs, trailer bodies or loading platforms, as these areas can be extremely slick when wet.

REST – remember that fatigue, stress and haste can increase the risk for a slip, trip or fall.

Maintenance – keep the steps to your truck and the area below the door cleaned and maintained. Make sure they are clear of mud, snow, ice and other hazards that can cause slips, trips and falls.



The 3-POINT-RULE ... it's what safety conscious drivers practice!

This means that 3 of your 4 hands and feet should be in contact with the vehicle at all times while entering and exiting. Alternate placing 2 feet on the steps and 1 hand on the rails or 2 hands on the rails and 1 foot on the steps. When exiting the truck, watch for obstacles on the ground & lower yourself slowly. The 3-point-rule allows you to have maximum stability and support, which reduces the likelihood of slipping and falling. This rule should also be used when securing a load and climbing up & down between the power unit and trailer.



Rick Bryant

... the lucky winner of the gift card this month for turning in his signed newsletter.

**Let's all make our
New Year's resolution
to be the best we can
be and make our
pick-ups and
deliveries ON TIME!**

Thank you!

I have read and understand the above information regarding "Preventing Slips, Trips & Falls".

Signature

Date