

Safety Bulletin

Slip, Trip & Fall Prevention - Fleet Drivers

In the trucking industry, the majority of slips, trips and falls occur on or near the vehicle- including entry and exit from the cab or trailer. Drivers should received new employee orientation and periodic refresher training in safe procedures for entering and exiting their cab and trailer, hooking up the trailer, and securing the load.

Drivers must learn to use the following precautions to help prevent slips, trips, and falls:

- 1 When entering and exiting the cab, use the three-point system. Alternate placing two feet on the steps and one hand on the handhold or two hands on handholds and one foot on the step. When entering the cab, use your legs for power and not your arms. Use the same three-point system when climbing up or down between the power unit and trailer to hook up brake and electrical lines.
- 2 When exiting the cab, face the truck and step-down slowly to the ground. Grasp the steering wheel and back out of your cab. Reach for and grip the handhold and gently lower yourself down, using the three-point system.
- 3 Watch for slippery surfaces on or around your unit. Remember that steps, handholds, gratings, frame rails, tank tops and ground surfaces can be extra slippery when any amount of oil, moisture, snow, or ice are present.
- 4 When climbing into the trailer body, select firm foot and handholds. Avoid long steps and reaches, which may put you off balance or cause muscle strain. If hand grips and ladders are installed on the trailer, use them.
- 5 When walking around your unit at night, use a flashlight. Also, during the day and night, watch for uneven walking surfaces, potholes and debris in parking lots that can be tripping hazards.

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- 6 Do not jump from cabs, trailer bodies or loading platforms. Jumping is not necessary and is a primary cause of injuries for truck drivers. Jumping from these heights can cause an impact force as much as 12 times your body weight. Many knee, ankle and back injuries are caused by this. It can also cause serious to fatal head injuries as you fall to the ground. Get down carefully, using the same means by which you climbed up.
- 7 When possible, close or open overhead doors before pulling away from the platform so you will not have to climb up and down from the trailer body.
- 8 Have a clear line of vision when carrying freight. Carry only what you can handle for the type of surface on which you are walking.
- 9 Use secure, designated foot and handholds when climbing to clean truck windows and mirrors.
- 10 When working on the catwalk behind the tractor, move slowly and deliberately. Be especially careful of slipping or catching your heels on the metal grating.
- 11 Use the three-point system when climbing up to tarp or untarp, secure the load, or close hatch covers. Whenever possible, use a fall restraint system. Move slowly and carefully.
- 12 When securing the load on a flatbed, use extreme caution. The tarp may be covering pockets or gaps in the load, so test your footing before you move, especially if you must walk backwards. Watch for gusts of wind that could catch you or the tarp and throw you off balance and off the load. When you are tightening the straps, keep your body out of the path of the bar, and watch for any slipping of the bar. When you are pulling the straps off a load, be sure you are clear as they fall.
- 13 Also use caution when securing a van load. If it is windy, keep a secure grip on the door as you open and close it. When climbing into or out of the trailer, keep your weight close to the trailer. Again, use the three-point system. If there are no handholds or ladder, use the ICC bumper as a foothold and the indentation near the trailer doors as a handhold.

By making loss control visit(s), evaluations and/or recommendations, or providing safety materials, Berkshire Hathaway Homestate Companies and this Consultant have not and do not undertake or assume any duty to you or anyone else, including but not limited to: A) Identifying or reporting upon any hazard at your premises; B) Managing, controlling, or correcting any hazard; or C) Enforcing compliance with any local, state, or federal safety or health law. Our recommendations or safety materials may not address every possible loss potential, code violation, or exception to neither good practice nor will compliance with any submitted recommendations guarantee the fulfillment of your obligations as required by any local, state, or federal laws. Loss Control is your management's daily responsibility. You are urged to implement and maintain your safety and health management programs.

Please contact the Loss Control team at:
losscontrol@bhhc.com for any further questions.

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Slip, Trip, & Fall Prevention Meeting Attendance Form

We recommend that our policyholders use this form as a tool to formally acknowledge Slip, Trip, & Fall Prevention meeting attendance. Please fill out with the necessary information below.

Meeting Conducted by (Print Name)

Date (mm/dd/yy)

Handouts Provided

Location

Department

Placed in Employee
Reference Folder

Meeting Attendance (Print Name Legibly)
