

# TRUCKING OPERATIONS...YOUR PERSONAL SAFETY



## SAFETY ON THE ROAD

### VEHICLE INSPECTION

- During circle checks, be alert for hazards and traffic conditions.
- Familiarize yourself with the operation and care of auxiliary equipment.

### ROAD EMERGENCIES

- Don't attempt repairs you are not authorized or trained to do.
- Set out the early warning devices in accordance with the laws that may apply.

### FIRE

Know what your fire extinguisher will do and what it won't do. Any need to use it will be sudden - there won't be time to learn how to operate it.

### CARGO

Cargo sometimes needs attention on the road.

- Tie downs may be under extreme stress. Check them at reasonable intervals on the trip.
- Release chain tighteners with care. They may whip when released.
- Check the cargo for shifting. There is a risk of collapse with shifted cargo.
- Open trailer doors slowly. Be aware of shifted cargo leaning against the doors.

### PEDESTRIANS

A "grounded" trucker is a pedestrian. Be a good one. Obey pedestrian traffic rules. Cross highways with care. Oncoming vehicles are moving faster than you can run.

### CAB

You live in your cab - keep it clean. Ventilate it properly. Exhaust fumes contain carbon monoxide which can affect your alertness and cause an accident. Large doses of carbon monoxide can cause death.

### ROADSIDE PROBLEMS

- Never pick up riders.
- Know your company's policy about stopping to offer assistance. In extreme emergencies, you will have to use your judgement.



## SAFETY AROUND DOCKS OR SHIPPING AREAS

Most docks or shipping areas are laid out and equipped for the safe, efficient movement of freight. Watch for hazards even if you are not involved in the loading or unloading process.

### DOCK EQUIPMENT

- Use the proper material handling equipment.
- Only use equipment that you are authorized and trained to operate.
- Keep out of the way of moving equipment. Don't get "trapped" into an injury.
- Stay alert between trucks and docks, forklifts and other cargo, fixed objects, dock carts, or cargo being placed into position.
- Make sure dock plates are in good repair before securing the dock plate into position.

### LOADING AND UNLOADING AWAY FROM DOCKS

Cargo handling can be difficult and dangerous in areas other than well equipped docks. Check the conditions for special hazards. Lack of proper equipment may require additional help.

### WORK AREAS

All work areas are not laid out with material handling in mind. Narrow passageways, dark stairways, lower dock levels or receiving areas, makeshift ladders or stairs put you at risk. Make your moves carefully and get assistance when necessary. During street or sidewalk deliveries, be aware of vehicle or pedestrian traffic. Always check your carrying or travel route in advance for doors, stairs, lighting and equipment. Plan your job before you start.

### LIFTING

If manual lifting of material or cargo is necessary, remember to lift safely.

- Bend your knees.
- Use your legs, not your back.

You will find more information in our Lifting Safety brochure.

### TRUCK EQUIPMENT

- Hydraulic tailgates have moving parts that can injure hands, fingers, feet and toes.
- Truck mounted crane assemblies require adequate "boom" clearances.
- Roll-up doors on van-type equipment - raise and lower doors at an even pace.

### BLOCKING

Block the wheels of any vehicle before loading or unloading - forklift trucks, semi trailers or dump trucks. Brakes do part of the job of stabilizing the vehicle but always block as well.

**BE AS SAFE ON THE DOCK  
AS YOU ARE ON THE ROAD**



## SAFETY AROUND YOUR TRUCK

- It is your responsibility to report vehicle defects in writing.
- When working under a vehicle:
  - turn the engine off
  - remove key
  - secure the vehicle wheels
  - use protective goggles
- Be alert when walking in and around yards.
- Do not smoke in service areas.
- When refueling, shut off your engine.
- Use 3 point contact when getting into and out of your truck.
- Always look down before you step down.
- Be aware of traffic movement before you step out of your cab.

## PERSONAL PROTECTIVE CLOTHING

**Hands** - Wear gloves to protect your hands and to avoid splinters, sharp edges, points and steel bands.

**Feet** - Proper footwear guards against foot and other injuries.

**Other** - Wear personal protective clothing provided or required by legislation for the job at hand.

## KNOW YOUR CARGO

- Is your load explosive? Flammable? Corrosive? Will it produce poisonous or explosive vapours? Ensure that the proper signs for loads containing dangerous goods are attached to the vehicle.
- Check the weight distribution. Does it comply with legal axle weight regulations?
- Secure cargo when loading is complete.
- Be aware of the procedure to follow in case of an emergency such as fire or upset.

THSAO is committed to working with both management and employees in the transportation sector to create a healthy and safe work environment. We work with our member companies through consulting, evaluations and training. As your partner in safety, together we can prevent occupational injuries and illnesses.

**Safety awareness is the first step to health and safety. Prevention is our ultimate goal.**



**Transportation Health & Safety Association of Ontario**

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TRANSPORTATION HEALTH & SAFETY  
ASSOCIATION OF ONTARIO

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