



## SLIPS, TRIPS & FALLS (FALL PREVENTION)

### WHY?

There are fall hazards a truck driver may face while working in the Forestry Transportation industry and there are ways to prevent slips, trips, and falls.

### BOOTS

Boots play a critical role in your safety. Be aware of the OSHA regulations. Know what danger signs to look for each time you put your boots on. Drivers need to be aware that wearing proper footwear is a good start toward preventing a slip, trip or fall injury. Pay attention to your soles and the weather conditions. Wear grippers when it is slippery. Remove mud before climbing into your rig, or onto a trailer or entering a building.

Check your boot soles: hole in the sole, uneven sole wearing, soles splitting and water damage.

OSHA Boot Regulations: regulation 1910.266(d)(1)(v) The employer shall assure that each employee wears foot protection using the following criteria – heavy-duty logging boots – waterproof or water repellent – cover and provide support to the ankle – slip resistant type boots may be worn if necessary for the employee's job, terrain, the timber type and the weather conditions – employees who operate a chain saw must wear foot protection with cut-resistant material that will protect the employee against contact with a running chainsaw.

### THREE POINTS OF CONTACT

Climbing a ladder into your rig or to the loader: you always need to follow this important safety measure.

You must have three points of contact: one hand and two feet or two hands and one foot when you are getting into a truck, exiting a truck, climbing on a trailer, climbing a ladder.

Hand Holds & Steps: inspect them regularly, are they adequate for you? Positioned right? Easy to use? Damaged? Too small? Not uniform? Made of quality material? If not, you need to act – report if they are damaged or needing repair and have them repaired immediately.

### WALKING AND SECURING LOADS

Tips on securing loads: toss load securement devices underhand, use equipment for chains, stand out from the side of the truck, keep one hand free and limit your load.

### TARPING

Tarp your rig the safe way: when you are tarping your load from a ladder, maintain three-points-of-contact, never reach from the ladder, don't get on top of a trailer without using fall protection or a fall restraint device.

When tarping a load: don't walk on the load. Use safety devices. Use hooped ladders. Use the hooped ladder platforms. Ground operating tarping set-ups are recommended.

Tarping station safety procedures: wear your personal protective equipment. Inspect the ladder. Lock the wheels of hopped ladders. Maintain three-points-of-contact while climbing.

Team Safe Trucking's mission is to reduce accidents through enhanced driver training and effective fleet management and to recruit new, safety-focused drivers to deliver a sustainable and profitable supply chain.



## SLIPS, TRIPS & FALLS (FALL PREVENTION) CONT.

### INSTALLING STAKES, STANDARDS & CLEARING DEBRIS FROM TRAILERS

Accidents happen while adjusting stakes/standards as well as when removing debris from the trailer.

Installing and removing stakes/standards: use equipment to hold stakes/standards, position the stake while standing on the ground to decrease the risk of losing your balance. This may require using hand signals and training to prevent being struck or caught between accidents and or injuries.

Removing debris: use long handled tools to remove the risk of climbing on the trailer and falling. Some of the long-handled tools that can be used include broom, rake, shovel, or a stick.

### INSPECTING, MAINTAINING RIGS

Inspecting your rig: scan the area around you, report slip, trip and fall hazards. Check glad hands and check fluids.

Maintaining and Repairing Rigs: use work platforms in garages. List the tasks requiring the use of a work platform.

Inspect work platforms: have uniform steps (height, depth, and width). Have uniform railing heights (top rail, mid rail).

### FALL AND STRUCK BY ACCIDENTS

Accidents can be prevented. Here are some OSHA reports of accidents that did not end well, and a list of tips on how to prevent them.

At approximately 10:00 a.m. on January 11, 2017, Employee #1 was guiding logs into a trailer from the top side. The logs were placed into the trailer by a logging grapple. While he was working, the grapple struck him, knocking him off the trailer. Employee #1 struck the ground in the fall from the trailer top. He suffered a forehead injury in the collision with the grapple and ground. Employee #1 was transported to a medical center, where he received treatment and was hospitalized.

At 7:40 a.m. on June 24, 2015, an employee was climbing down the ladder on the trailer that the log loader was mounted on. The employee fell and was found on the ground below the ladder. The employee's fatal injuries included contusions to the upper quadrant of the abdomen and chest, crushing injuries to the head, and a fractured arm.

#### Fall Prevention Tips:

1. Make sure your boot soles are in good condition, proper for your job and weather conditions.
2. Make sure your handholds and steps on your rig are set-up properly for you and are easy for you to use when getting in and out of your rig.
3. Secure your load by throwing load securement devices underhand and ensure you are positioned away from the truck. When you are using chains have a crane lift the chains over the load.
4. When you are walking watch where you are walking and limit your distractions.
5. Use hand tools, cranes, and tarping systems to prevent falls from heights and when clearing debris, installing stakes/standards, or tarping loads.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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