



# TRUCKING SAFETY

Commercial trucking is vital to our economic system, but those highway and freeway miles can be dangerous without trucking safety. The truck driver is the most important link in trucking safety. Stay healthy, fit and well rested. Driver fatigue and inattention to the road can increase the probability of an accident. To maintain your most alert state when driving, avoid alcohol, drugs, and medications that cause drowsiness. Learn and follow the hours of service requirements that apply to you. Don't multi-task while driving; keep your eyes and mind on the road.

## DRIVE SAFELY

Safe driving techniques can also reduce truck crashes. Follow posted speed limits and local road regulations. Always wear your seatbelt. Seatbelts keep you in your truck, in your seat, and in control. Drive defensively and never assume that you can predict another driver's intentions. Be aware of your truck's "no zones" (blind spots) and check carefully before making slow, deliberate maneuvers.

On the road, keep a safe speed and maintain adequate braking distances from other vehicles. Avoid aggressive drivers and do not use aggressive moves like high speed, tailgating, and frequent or abrupt lane changes. Always slow down in construction and road work zones and as you pass stalled or stopped vehicles.

## TRUCK INSPECTIONS

A truck driver's most important safety equipment is a well-maintained and inspected vehicle and trailer. Conduct pre- and post-trip inspections to check for wear and tear. Make sure that all brakes and the steering system work properly. Inspect the tires for excessive wear and proper inflation. Check the headlights, brake lights and signaling devices. Frame and suspension systems should be structurally sound with no cracked or broken frame members. Examine the mirrors, windshield, and windows for cracks and damage.

Make sure that your truck is equipped with safety gear such as a fire extinguisher and road warning signals. The truck and trailer should have proper decals and reflective markings. Under-ride prevention bumpers should be in place. Dash sensors and warning devices should work properly.

Inspect your trailer and load for safety before you agree to haul it. Make sure that trailer couplings and fifth wheel assemblies are secure and attached. Check the load factor, loads should be balanced and securely fastened. Tankers should be at least 3/4 full to avoid sloshing and the danger of rollover.

Follow-up on all of your hard work! Maintain your truck inspection records, hours of service logs, and repair and maintenance logs.



## FOR ENQUIRIES:

**YOUR SAFETY DEPARTMENT, LLC**

**P + 1 888 859 5653**  
**info@yoursafetydept.com**  
**www.yoursafetydept.com**

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## YOUR SAFETY Department — SAFETY Solutions —

### TRUCK TARPING

Truckers use tarps to cover and protect their loads and other drivers. Falls during tarping are a serious safety concern for garbage trucks, gravel trucks, tank cars, and trucks, flatbeds, and others.

Because you can't use hand- or footholds while maneuvering on top of a truck, your first choice should be to tarp from the ground. Use truck or facility mechanical devices to help.

Fall prevention methods such as facility loading platforms and catwalks with handrails and steps provide safe working surfaces at a proper height for tarping. Old flatbeds can be retrofitted with railing and steps to become tarping platforms. For flatbed trucks, temporary nets or railings made of metal, plastic or canvas can be installed to prevent falls. Railed ladders, rack arms, and ramps can be safe tarping platforms.

When you **MUST** climb the truck and load to apply a tarp, use a fall arrest system to securely tie-in and limit the distance and severity you could fall. Consider a helmet with a 3-point harness to protect your head. Overhead lines and T-posts can be used at facilities. Trucks can be rigged with sliding cable and security bars that you can hook into.

Before you climb onto a truck, evaluate and adjust the load for stability. Use steps or a small ladder to climb and dismount. Face the truck and keep three points in contact at all times while you climb and move around. Never jump from the load or truck. Use caution when you walk around and over the load; watch for voids and gaps between items. When you dismount a truck or walk around to apply a tarp, watch for oncoming traffic.

Tarps can be heavy and awkward; choose the right tarp for the job to control the size, weight, and force needed to handle it. Smooth undersides keep the tarp from sticking to the load. Use mechanical aids to apply and remove tarps. If you move the tarp by hand, use good body mechanics. Face the tarp, keep your back straight, and pull the tarp out with your hands at about waist height. Avoid twisting or pulling down with your arms overhead.

Keep a firm grip on the tarp and ropes to prevent slipping. Spread your feet to shoulder width apart and stagger them slightly for the most power and stability. Watch for surface winds or gusts from traffic that could cause the tarp to fly away. Securely fix tarps to the load.

To remove a tarp, loosen it by fanning to move air underneath. Use your arms, legs and body weight to pull the tarp off the truck; watch for unstable loads! Lay the tarp out on a flat surface and check for holes or damage. Don't walk on tarps to avoid slips and damage. Get help to fold it.



**THOUGHT OF THE MONTH:** JUST  
BECAUSE THERE'S MORE OF YOU  
ON THE ROAD DOESN'T MEAN YOU  
RISK LESS IN AN ACCIDENT



## MINUTES OF MEETING

Date: \_\_\_\_\_ Person Conducting Meeting: \_\_\_\_\_

Topic: \_\_\_\_\_

Branch: \_\_\_\_\_ Division: \_\_\_\_\_

**Attendees:**

NAME	INITIAL	DATE

NAME	INITIAL	DATE

**Additional Items Discussed:**

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**Problem Areas or Concerns:**

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**Comments:**

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