

Monthly Safety Training



FUN FACT.

Glad hands are a coupling device used to connect the airlines of the trailer to the tractor. The connectors resemble a pair of hands shaking when interlocked, hence the name.

REDUCE INJURIES.

Injuries can occur in activities we do daily. Repetitive actions can cause injuries when we are completing tasks and not thinking.

POWER ZONE.

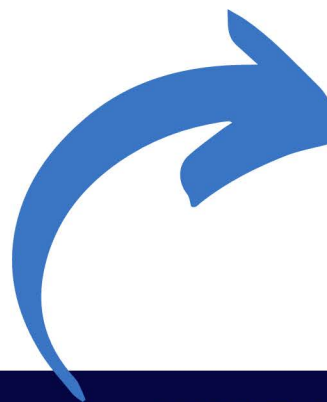
The Power Zone is close to the body, between mid-thigh and mid-chest height. This zone is where you can lift/work the MOST with the LEAST amount of effort and reduce potential for injury.

HOOKING AND UNHOOKING.

While hooking and unhooking a trailer, maintain your reach within the Power Zone area. Try to avoid extending your arms outward and above your head.

SAFETY FIRST.

Preventing injuries is about maintaining control. Wearing gloves will help avoid lacerations and contusions to your hands.



GLAD HANDS

AUGUST 2025

<https://bit.ly/49A7SAw>



SCAN THE CODE, LEARN MORE.

We have created a short, fun, and interactive “game” for each monthly safety training topic. Scan or click the code to play along!