

Monthly Safety Training



STOPPED? STAY ALERT.

Nearly 80% of injuries occur when the truck isn't moving, often due to slips, trips, falls, strains, and lifting-related injuries.

USE TOOLS FOR THE JOB.

5th-wheel pin pullers let you release the kingpin from a standing position, reducing bending, shoulder strain, and the need to crawl under the trailer.

OPERATE LANDING GEAR SAFELY.

Crank landing-gear handles slow and steady, using a full grip. Avoid "speed-spinning," which can cause wrist, face, shoulder, and back injuries. Maintain proper posture and balance.

PREVENT SLIPS, TRIPS & FALLS.

Use 3-points of contact, know your steps and grab points, and watch for ice, snow, oil, potholes, and clutter around trucks, parking lots, and fuel islands. Clear pathways and improve lighting when possible.

WEAR PROPER FOOTWEAR.

Choose sturdy, closed-toe, slip-resistant shoes and replace them when worn. The right traction helps prevent falls and protects your feet.



80%

DECEMBER 2026

Safety Blitz 2021: Thank you, Truckers
<https://bit.ly/4ygEDyw>



SCAN THE CODE, LEARN MORE.

We have selected a video from our Safety Library for each monthly safety training topic. Scan or click the code to view it!