Most slip, trip, or fall injuries are preventable with the right preparation... and focus on situational and surrounding awareness. Part of developing a culture of safety is constantly keeping this awareness at the forefront of employees’ and drivers’ minds. Consistent training and making safety a BIG DEAL will keep your company in the win column year after year.

Slips, trips, and falls make up over 50% of all work-related injuries, 80% of them happen while the truck is stopped. If you’ve been watching the film each day, you can see that the majority of falls are the result of slips or trips; approximately 70% to be exact. The remaining 30% are from a height.

Now, let’s drill down to the two leading reported claims we see at the ATA Comp Fund and Alliance Interstate Risk.

FALLS FROM A FLATBED TRAILER
83% of total falls come from the back of the trailer, the truck step and the cargo being transported. Due to the nature of the flatbed driver’s duties, they are exposed to a greater risk of falling... and a heightened need for situational awareness at all times.

- Use fall protection (when available).
- Contact your Driver Manager/Supervisor before getting on the trailer.
- SITUATIONAL AWARENESS! Watch your step when on or around the trailer. Stepping off an edge can happen to anyone.
- Pay attention to hazards such as ice, snow, and water.
- Use access ladder (if equipped).
- DO NOT JUMP from the trailer; climb down using the 3-point contact rule.
- Always stay to the center of empty flatbed trailers.
- Watch for straps, chains, loose tarps, bungees, etc. on loaded flatbed trailers.
- Watch for shifting or falling freight.
- Wear appropriate shoes.
- Use caution while tarping in windy condition.
- Never stand on the load or tarp.

ENTERING/EXITING THE CAB
Almost 80% of trucker fall injuries occur close to the cab, with more than half occurring when exiting. Most of these injuries are preventable and caused by driver error... by not following the 3-point contact rule.

- Maintain 3-points of contact while getting onto or off of the equipment until you reach the ground, cab, or stable platform. One hand/two feet OR two hands/one foot on the equipment AT ALL TIMES.
- ALWAYS face the equipment when mounting and dismounting.
- Do not climb down or up with something in your free hand.
- Wear slip-resistant shoes with good support.
- Slow down and use extra caution in bad weather.
- Look for obstacles on the ground before exiting.
- Get a firm grip on rails and handles with your hands.
- Do not use unauthorized handholds such as door frames or door edges.
- Do not use tires or wheel hubs as a step surface.
- Use adhesive striping material or anti-skid paint wherever possible.

HAVE AN MVP SEASON
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