

TOP SAFETY HAZARDS FOR TRUCK DRIVERS



70%

(8%)

Contact with equipment 8%

Pedestrian vehicular incidents

Slips and falls

SAFETY HAZARDS

35%

Overextension and bodily reaction

17%

Contact with obje

30%

Falls, slips,

14%

Transportation incidents

SAFETY GUIDELINES TO PREVENT INJURY

Follow driving time guidelines

Do not drive beyond the 14th consecutive hour after coming on duty Drive only if 8 hours or less have passed since end of last off-duty period Do not drive after 60/70 hours on duty in 7/8 consecutive days Drive a maximum of 11 hours after 10 consecutive hours off

Take plenty of breaks

This helps you stay alert

Shut off truck while sleeping loading, and unloading

Use flashers, flares, and triangles when pulled off road for mechanical problems

Don't fight sleep

When tired, pull over and take a nap

Lower speed in wintery conditions

Watch bridges in winter

Idle with windows closed Reduces exposure to fumes

Slow down in work zones

Do not tailgate

Signal early
Sive ample warning to other motorists

Use flashe

Use flashers
Especially if driving below
posted speed limit

Brake early other motorists ample Have tire chains
Especially when driving in
mountainous regions

Minimize lane changing

Keep fuel tank full in winter Prevents water build up in fuel lines

Increase following distance in rain or snow

Trucking Company Safety Manual

D Keegan

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