

Safety Around Your Truck

- It is your responsibility to report vehicle defects in writing.
- When working under a vehicle.
 1. Turn the engine off.
 2. Remove the key.
 3. Secure the vehicle wheels.
 4. Use protective safety glasses.
- Be alert when walking in and around yards.
- Do not smoke in service areas.
- When refueling, shut off your engine.
- Use 3-point contact when getting into and out of your truck.
- Always look down before you step down.
- Be aware of traffic movement before you step out of your cab.

Personal Protective Clothing

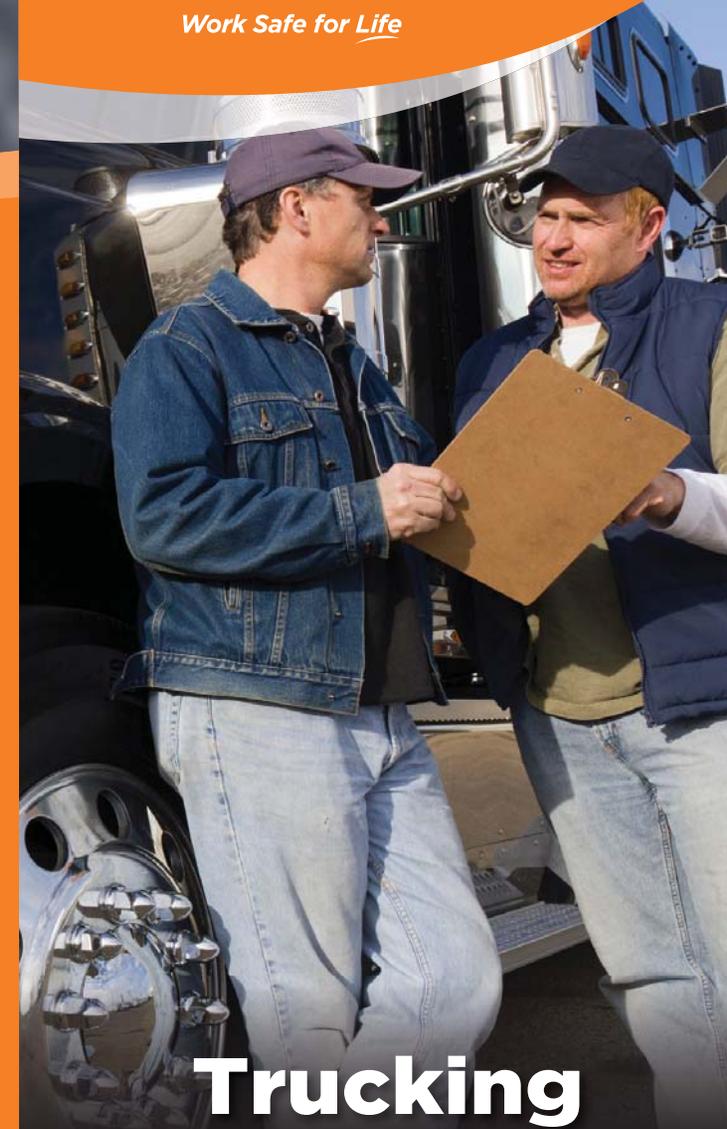
Hands - Wear gloves to protect your hands and to avoid splinters, sharp edges, points, and steel bands.

Feet - Wear proper footwear guards to protect against foot and other injuries.

Other - Wear personal protective clothing provided or required by legislation for the job at hand.

Know Your Cargo

- Is your load explosive? Flammable? Corrosive? Will it produce poisonous or explosive vapours? Ensure that the proper signs for loads containing dangerous goods are attached to the vehicle.
- Check the weight distribution. Does it comply with legal axle weight regulations?
- Secure cargo when loading is complete.
- Be aware of the procedure to follow in case of an emergency such as a fire or spill.



Make safety work for you. IHSA is your first step.

IHSA is a leader in health and safety education. Through skills-based training, auditing, and evaluation, we provide safety solutions to those who perform high-risk activities such as working at heights, working with energized high-voltage power systems, driving motor vehicles, transporting dangerous goods, working on suspended access equipment, and utility line clearing.

We help our members continuously improve their health and safety performance by providing effective and innovative sector-specific programs, products, and services.

Find out what we can do
for you at ihsa.ca



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IHSA041

Trucking Operations

Your Personal Safety

Trucking Operations..Your Personal Safety



Safety on the Road

Vehicle Inspection

- During circle checks, be alert for hazards and traffic conditions.
- Familiarize yourself with the operation and care of auxiliary equipment.

Road Emergencies

- Don't attempt repairs you are not authorized or trained to do.
- Set out the early warning devices in accordance with the laws that may apply.

Fire

Know what your fire extinguisher will do and what it won't do. Any need to use it will be sudden—there won't be time to learn how to operate it.

Cargo

- Cargo sometimes needs attention on the road.
- Tie downs may be under extreme stress. Check them at reasonable intervals on the trip.
 - Release chain tighteners with care. They may whip when released.
 - Check the cargo for shifting. There is a risk of collapse with shifted cargo.
 - Open trailer doors slowly. Be aware of shifted cargo leaning against the doors.

Cab

You live in your cab, so keep it clean. Ventilate it properly. Exhaust fumes contain carbon monoxide, which can affect your alertness and cause an accident. Large doses of carbon monoxide can cause death.

Pedestrians

A "grounded" trucker is a pedestrian. Be a good one. Obey pedestrian traffic rules. Cross highways at safe locations such as traffic lights and designated pedestrian crosswalks..

Roadside Problems

- Never pick up riders.
- Know your company's policy about stopping to offer assistance. In extreme emergencies, you will have to use your judgement.

Safe Loading or Unloading

Most docks or shipping areas are laid out and equipped for the safe, efficient movement of freight. Watch for hazards even if you are not involved in the loading or unloading process.

Around Dock and Shipping Areas

- Use the proper material handling equipment and inspect all components prior to use.
- Only use equipment that you are authorized and trained to operate. Know the manufacturer's manual and never exceed the recommended load rating.
- Keep out of the way of moving equipment. Don't get "trapped" into an injury.
- Stay alert between trucks and docks, lift trucks and other cargo, fixed objects, dock carts, or cargo being placed into position.
- Make sure dock plates are secured into position before using them.
- Blocking the wheels of a vehicle before loading or unloading will prevent it from moving. Brakes alone can only do so much to stabilize a vehicle.

Away from Dock and Shipping Areas

Cargo handling can be difficult and dangerous in areas other than well-equipped docks. Check the conditions for special hazards. If you lack the proper handling equipment, request help from a co-worker.

Work Areas

All work areas are not laid out with material handling in mind. Narrow passageways, dark stairways, lower dock levels or receiving areas, makeshift ladders, or stairs put you at risk. Make your moves carefully and get assistance when necessary.

During street or sidewalk deliveries, be aware of vehicle or pedestrian traffic. Always check your carrying or travel route in advance for doors, stairs, lighting, and equipment. Plan your job before you start.

Lifting

If manual lifting of material or cargo is necessary, remember to lift safely.

- Bend your knees.
- Use your legs, not your back.

You will find more information in our Lifting Safety brochure (IHSA043).

Truck Equipment

- Hydraulic tailgates have moving parts that can injure hands, fingers, feet, and toes.
- Truck mounted crane assemblies require adequate "boom" clearances.
- When using roll-up doors on van-type equipment, raise and lower doors at an even pace.
- Never leave a vehicle unattended with an elevated load.