**Tip Sheet**

A series of health and safety tips to prevent work-related injuries in the trucking industry

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**Releasing the fifth wheel**

**MANAGEMENT**

Safety culture begins with you. Your employees will follow your lead. Research shows that the more management emphasizes safety, both in word and deed, the more safety conscious employees become.

- Be open to listening to drivers about their safety concerns.
- Maintain equipment so it functions easily.
- Provide tools such as extension rods for pulling the release latch.

**DRIVERS**

Protect your shoulders from injuries:

- Line up the truck and trailer in a level area to reduce tension on the latch.
- After backing trailer into position, pull forward slightly to release tension on the 5th wheel release.
- Use an extension rod to reach the latch so you don’t have to bend your back or twist your shoulder.
- Report mechanical problems to your supervisor or repair shop.

Protect yourself from other drivers:

- Wear reflective clothing when outside your truck.

Protect yourself from slips, trips or falls.

- Before you exit the cab look for debris, ice, oil or holes in the ground.
- Always use three points of contact to enter or exit your cab.

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