A 41-year-old truck driver thought his work boots were enough preparation to work in icy conditions. The ice proved more challenging than he expected.

Because of the ice, he got out of the cab again and again to scrape the windshield and the lights. First he fell from the icy truck steps, twisting his ankle. Later, as he exited the cab to unhook the trailer, he slipped on the ground and fell flat on his back. He fell a third time about three feet off the truck steps onto his left shoulder, twisting his left knee and low back. Despite the pain, the truck driver continued working. But as he disconnected the trailer, it all caught up with him. He felt a sharp pain traveling to his spine and his arm went numb. The following day he couldn’t move.

This gritty driver who had toughed it out despite the aches and pains had injured his back, left shoulder, and elbows.

It was two weeks before he was able to return to work on light duty.