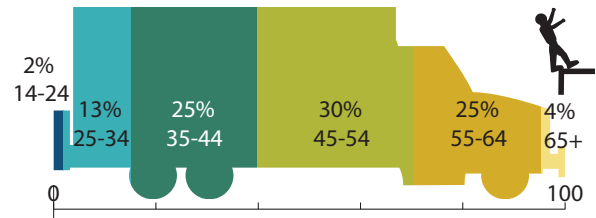


- Cost over \$13.7 million
- Resulted in over 63,000 days of time-loss
- Median costs per claim ranged from \$17,000 for drivers, to over \$48,000 for vehicle service technicians

Figure 26. Compensable Claims By Age Group



Fall from elevation compensable claims for LTL were primarily drivers (72%), with material handlers second at 15% of all fall from elevation injuries.

Table 5. Most common fall from elevation by type and source combination of injuries in General Freight LTL, ranked by intervention priority.

Description	PIP Rank
Falling or slipping off of a ladder	1
Slipped entering or exiting cab or trailer	2
Walking down a ramp	3
Falling off truck or trailer (not while exiting)	4
Falling while climbing or walking up or down stairs	5

*PIP prioritizes injury types by ranking three important factors and averaging. The PIP ranks the count of injuries, the type (e.g., fall from elevation, struck by), and the number of time-loss days. Highest time-loss = □, Highest medical cost = ○, Highest count of claims = ▲ are noted with these symbols, when available.

Prevention Targets

Employers

- Engineer solutions to prevent the need to climb ladders if possible.
- Make sure to invest in cabs with adequate hand holds. Don't make your employees reach across, twist or otherwise enter/exit the cab in an unbalanced posture.
- Provide trailers with handholds (preferable on both sides) to prevent drivers from riding the door down, or twisting awkwardly to grab the side of the trailer to help in their descent.
- Require truck drivers to hand off keys to the forklift driver or material handler while loading occurs.

Drivers

- Wear proper footwear and check your tread periodically.
- Always use 3 points-of-contact when entering/exiting the cab or other parts of the truck or trailer.
- Don't rush on ladders.
- Report any broken or worn stairs or ladders immediately.
- Stay alert while walking up or down steps and make sure at least one hand is free to help steady yourself. During common tasks like these, we forget how easy it is to lose our balance, especially when rushing.

- **182 compensable claims**
- **Cost \$8.7 million**
- **Resulted in 47,000 days of time off work**

Of the identifiable occupations, drivers had the lowest median claim cost (\$9,233) while management occupations had the highest (\$14,219), though management accounted for only 4% of the General Freight LTL fall from same level compensable claims.

Figure 27. Compensable Claims By Age Group

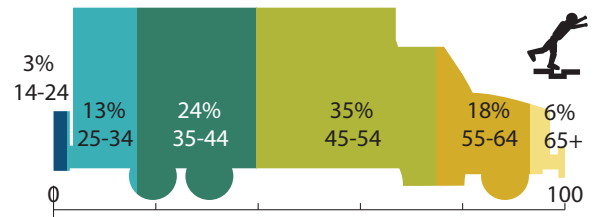


Table 6. Most common Fall on the same level by type and source combination of injuries in General Freight LTL, ranked by intervention priority.

Description	PIP Rank
Slips and trips because of equipment or other object in the way, tripping while walking to or from truck	1
Slipped and fell on uneven ground, on ice or slippery surface, or slipped while carrying objects or while twisting and bending to get objects out of truck	2
Tying down/strapping cargo in trailer, slipped and fell	3

*PIP prioritizes injury types by ranking three important factors and averaging. The PIP ranks the count of injuries, the type (e.g., fall from elevation, struck by), and the number of time-loss days. Highest time-loss = □, Highest medical cost = ○, Highest count of claims = ▲ are noted with these symbols, when available.

Prevention Targets

Employers

- Train workers to walk delivery path at a customer site to limit the risk of tripping over hazards in the yard when their view is blocked by a load.
- Maintain your yard with proper lighting and pothole repairs.
- Provide plenty of new straps and tie downs and require regular material inspections by drivers.
- Add stair tread maintenance to your fall seasonal schedule to make sure steps are safe during winter ice or rain.

Drivers

- If your view will be blocked while loading or unloading, then walk the route first to observe and move any hazards that might be in your way.
- Don't use your phone or review paperwork while walking. Find a safe place for these activities so that you won't be a distracted walker.
- Wear proper footwear and check your treads regularly.
- Inspect tie down straps for wear.
- Always have a flash light or headlamp and use them at dusk and night.

Suggested citation: Rauser, Smith and Williams 2014. Trucking Industry: Examining Injuries for Prevention, 2006-2012. SHARP Program, report #90-148-2014. Washington State Department of Labor & Industries, Olympia, Washington.

Full Report at www.KeepTruckingSafe.org