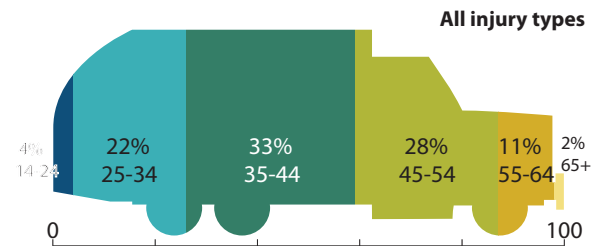


- 768 compensable injuries
- Cost almost \$28 million
- Resulted in over 122,000 days of time-loss
- A compensable rate of 6.9 per 100 FTE or 1 in 15 employees

Figure 53. Compensable Claims By Age Group

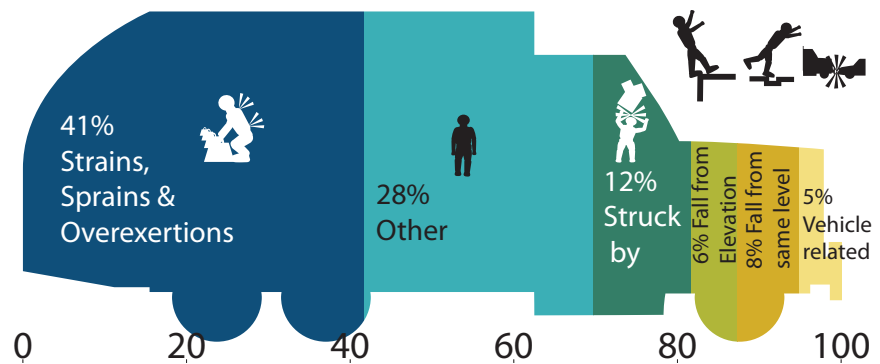


Management occupations had the highest median compensable claim cost (\$24,595) for strain, sprain, or overexertion followed by drivers (median \$16,586) for falls from elevation.

Vehicle-related injuries had by far the highest median claim costs among all compensable claims in Waste Collection (\$22,340), whereas fall from elevation had the highest median medical cost (\$8,490).

Strain, sprain or overexertion accounted for 42% of all compensable claims (Figure 54.)

Figure 54. Percent of comp injuries by type, Waste Collection 2006-2012



Material handlers had the highest percent of falls from elevation (12%).

Figure 55. Percent of injury type by occupation, Waste Collection 2006-2012

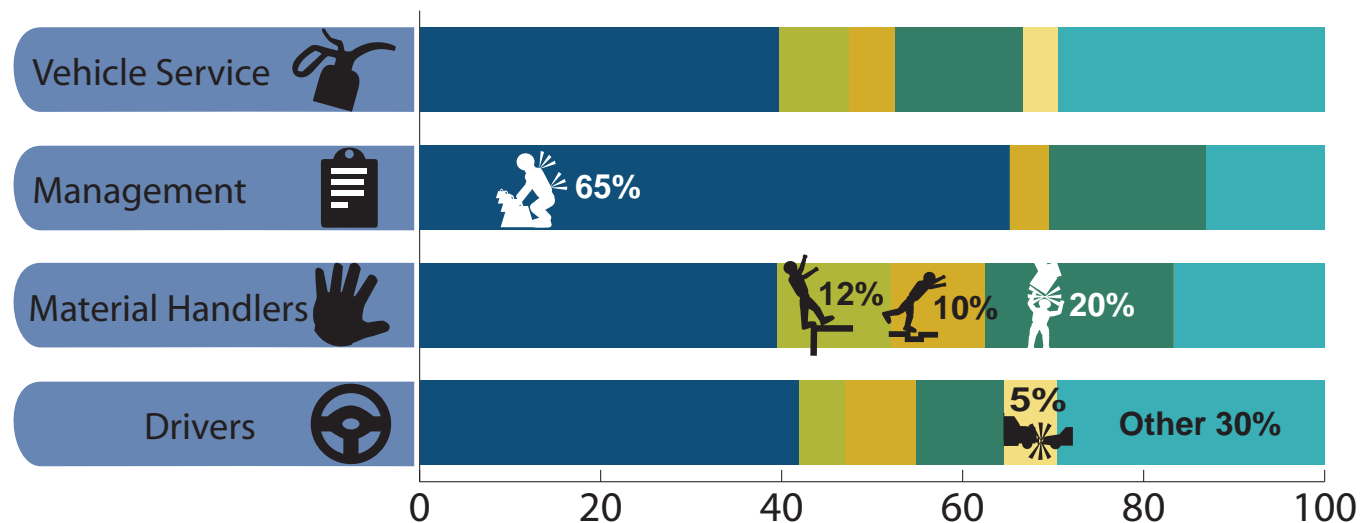





Table 27. The top five injury type and source of injury combination in Waste Collection, ranked by intervention priority were:

Description	PIP Rank
Cumulative trauma for example: carpal tunnel syndrome, hand/wrist/shoulder tendonitis	1
Falling from vehicle - cleaning out trailer; falling off of truck part to ground	2
Falling to same level - walking around truck, slips, pushing or pulling heavy objects	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 Tips

Employers

- The severity of strain, sprain and overexertion injuries can be positively impacted by early reporting and implementing prevention strategies. This cannot be emphasized strongly enough. Encourage your employees to let you know if they are feeling pain, before the damage becomes severe.
- Remind drivers not to lift over-weight containers. It's better to anger a customer than injure a worker. Take time to educate customers on over-weight containers.
- Provide safer equipment when requested. Workers of different heights may require adjustments to their equipment to make it safe for them.

Drivers

- Always use 3 points-of-contact.
- Wear footwear with a good tread and check it often.
- Test the weight of a bin or container before committing to lift it.
- Don't lift over-weight containers. Report them to your supervisor.
- If you must move large commercial containers on unlevel ground, consider requesting multiple small containers instead of one large container.
- Report pain early to your employer and physician. Early intervention can decrease the severity of injuries to muscles, tendons, joints and other soft-tissue.
- Don't allow your phone or paperwork to become a distraction while walking.

- 322 compensable injuries
- Cost over \$13.5 million
- 64,500 days of lost time days

Management occupations had significantly higher median compensable claim costs (\$24,595) compared to drivers (\$10,663), material handlers (\$7,663) or vehicle service technicians (\$16,453).

Figure 56. Compensable Claims By Age Group

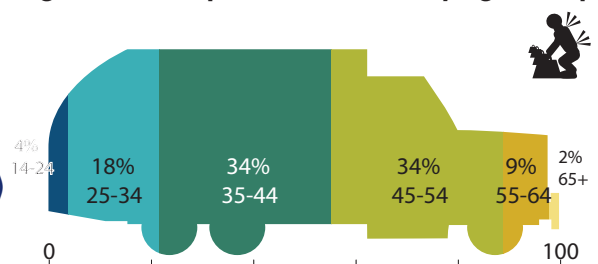


Table 28. Most common strain, sprain or overexertion by type and source of injuries combination in Waste Collection, ranked by intervention priority.

Description	PIP Rank
Repetitive movement, not elsewhere classified	1
Repetitive movement, pushing and pulling	2
Repetitive movement - e.g., gripping and hand force	3
Overexertion - lifting garbage/recycling cans	4
Bodily reaction - stepping off and twisting, hurting lower extremities	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 Tips

Employers

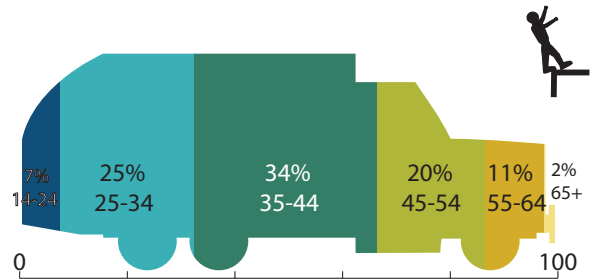
- Consider moving to automated can lift systems to eliminate the need for drivers to continually lift cans.
- Remind drivers not to lift over-weight containers. It's better to anger a customer than injure a worker. Take time to educate customers on over-weight containers.
- The severity of strain, sprain and overexertion injuries can be positively impacted by early reporting and implementing prevention strategies. Encourage your employees to let you know if they are feeling pain, before the damage becomes severe.

Drivers

- Test the weight of a bin or container before committing to lift it.
- Don't lift over-weight containers. Report them to your supervisor.
- If you must move large commercial containers on unlevel ground, consider requesting multiple small containers instead of one large container.
- Wear non-slip, well-fitting gloves to protect your hands and to reduce exposure of hands to over-gripping handles.
- Immediately report pain to your employer and physician.

- 43 compensable injuries
- Cost over \$2 million
- Over 10,000 days of lost work

Figure 57. Compensable Claims By Age Group



Drivers accounted for over 65% of the compensable fall from elevation claims in Waste Collection. Drivers also had the highest median claim cost (\$16,586), which is much higher than median medical claim cost for vehicle service technicians (\$8,089) and material handlers (\$7,426).

Table 29. Most common fall from elevation by type and source combination of injuries in Waste Collection, ranked by intervention priority.

Description	PIP Rank
Jumping from the cab	1
Fall from vehicle - truck part or trailer	2
Fall from ladder	3
Fall from vehicle to ground, unspecified	4

*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 Tips

Employers

- Train drivers how to safely exit the cab using 3 points of contact.
- When possible find alternatives to using ladders such as using forklifts to lift materials.

Drivers

- Always use 3 points-of-contact to enter and exit the cab and on ladders.
- Wear footwear with a good tread and check it often.
- Be aware of your surroundings. Know how far away the edge of the truck is at all times.

- 58 compensable injuries
- Cost over \$2 million
- Over 6,700 days of lost work

Drivers accounted for 76% of all fall on the same level compensable claims in Waste Collection, but material handlers had the highest median claim cost (\$8,972), although they only account for 10% of the compensable fall on the same level claims.

Figure 58. Compensable Claims By Age Group

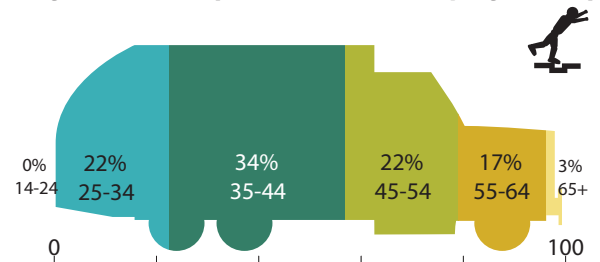


Table 30. Most common fall from the same level by type and source combination of injuries in Waste Collection, ranked by intervention priority.

Description	PIP Rank
Slipped on ice or gravel	1
Fell while dumping garbage or recycling	2
Slipped on ice or water while near truck	3
Slipped onto or against truck	4

*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 Tips

Employers

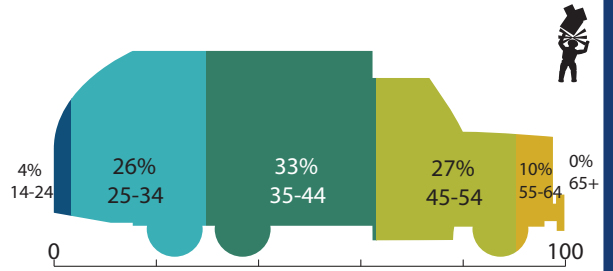
- Remind workers to check their boot treads often for wear.

Drivers

- Always use 3 points-of-contact.
- Wear footwear with a good tread and check it often.
- Don't allow your phone or paperwork to become a distraction while walking.

- 91 compensable injuries
- Cost over \$2.0 million
- Over 11,000 days of lost time

Figure 59. Compensable Claims By Age Group



58% of compensable claims for struck by injuries were drivers, who had a median compensable cost of \$6,381.

Table 31. Most common struck by or against injuries by type and source combination of injuries in Waste Collection ranked by intervention priority.

Description	PIP Rank
Struck by a door	
Struck by objects	

*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 Tips

Employers

- Remind workers that they are more important than their cargo so they shouldn't try to catch falling cargo.
- Provide high visibility clothing.

Drivers

- Don't try to catch falling objects.
- Wear your high visibility clothing.
- Don't turn your back on on-coming traffic.

- 37 compensable injuries
- Cost almost \$2.6 million
- Almost 8,500 days of lost work

Only driver claims are represented in the table below as they are the only occupation with 5 or more compensable claims.

Figure 60. Compensable Claims By Age Group

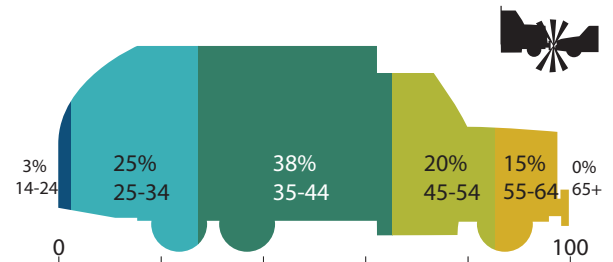


Table 32. Most common vehicle-related claims by type and source combination of injuries in Waste Collection, ranked by intervention priority.

Description	PIP Rank
Jack-knife, overturned, no collision	
Highway traffic collision	
Vibration from truck, riding down bumpy road related injuries	

*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 Tips

Employers

- Make sure new drivers have experience driving in conditions similar to their route before sending them out.
- Meet with new drivers regularly to discuss near misses and other traffic issues they may not have experienced before.
- Develop a culture where driving drowsy is as taboo as driving drunk.
- Have a sick leave program in place and encourage workers to use it when needed.

Drivers

- Wear your seatbelt.
- Leave plenty of room around you.
- Talk to your supervisor about any concerns or training needs. It's better to ask for training than to get injured.
- If you are ill or fatigued, call in sick.

General injury prevention

Employers

- Encourage drivers to report hazardous conditions at customer sites
- If your driver is injured at a customer site, follow up with the customer to be sure it won't happen again.
- Provide and maintain adequate lighting
- Maintain terminal yard and dock areas so that surfaces are even and free of slip and trip hazards such as potholes, ice, snow, rubbish and liquid spills.
- The average cost of pallet straps and void fillers run about \$500. Invest in the correct securement devices to keep your workers and your cargo safe.
- Make sure to schedule time into the drivers day to inspect and re-inspect cargo securement. The extra few minutes could save you a lot of time, money and pain.
- Prevent incentives to drive drowsy, by switching your payment to hourly, eliminate by the mile and by the load payment structures.
- Build a safety culture that makes driving drowsy as taboo as driving drunk.
- Schedule realistically. Routes, shipments, seasons and cargo as well as many other issues create different delivery estimates. Keep these factors in mind when scheduling drivers' work.
- If you have to, raise the cost of doing business with your company. An industry leading company with less churn and happier/safer employees is a more successful company, in any industry. People want to associate themselves with industry leaders.

Drivers

- Always wear sturdy shoes with good traction.
- Stay vigilant about hidden hazards.
- Before inspecting your truck and trailer, inspect the area around them for slip, trip and fall hazards.
- Report debris, spills or other hazards to the yard manager
- Keep your work area clear of debris and spills. If you make the mess, clean it up immediately or you may hurt yourself or a co-worker.
- Report broken equipment to your employer.
- Wear your high-visibility clothing.

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