

- 578 compensable claims
- More than \$18 million in claim costs
- Over 100,000 days of time-loss
- A compensable rate of 6.1 per 100 FTE or 1 in 16 employees

Unlike all other trucking sectors where drivers have disproportionately more claims, in Specialized Freight, Moving, drivers and material handlers had similar number of claims – with drivers having 45% of these claims and material handlers had 43% of the compensable claims in the Moving sector.

The majority of injuries in the Specialized Freight, Moving sector, include strain, sprain or overexertion injuries, caused by heavy lifting.



The highest median claim and medical portion of the claim cost were for fall on the same level with a median claim cost of \$16,563 and median medical portion at \$8,904.

Figure 46. Compensable Claims By Age Group

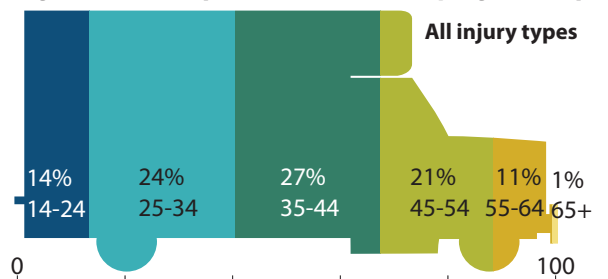


Figure 47. Percent of compensable injuries by type, Specialized Freight, Movers 2006-2012

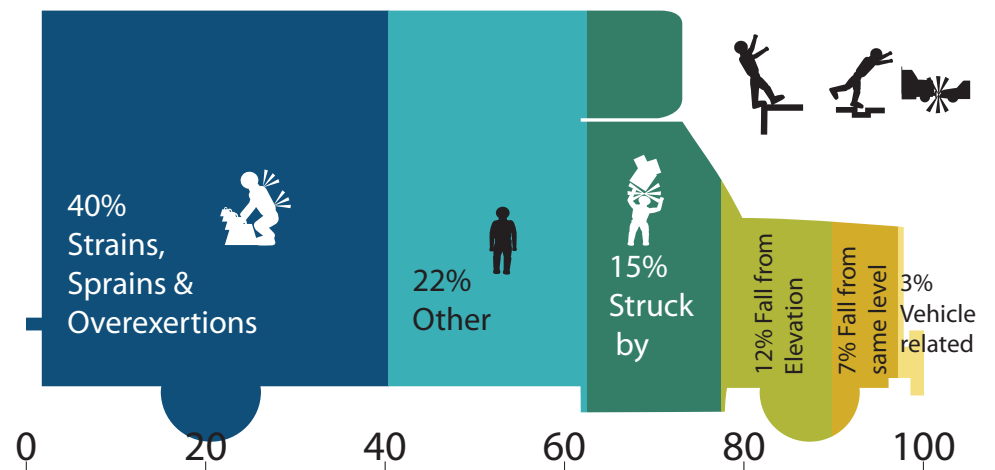
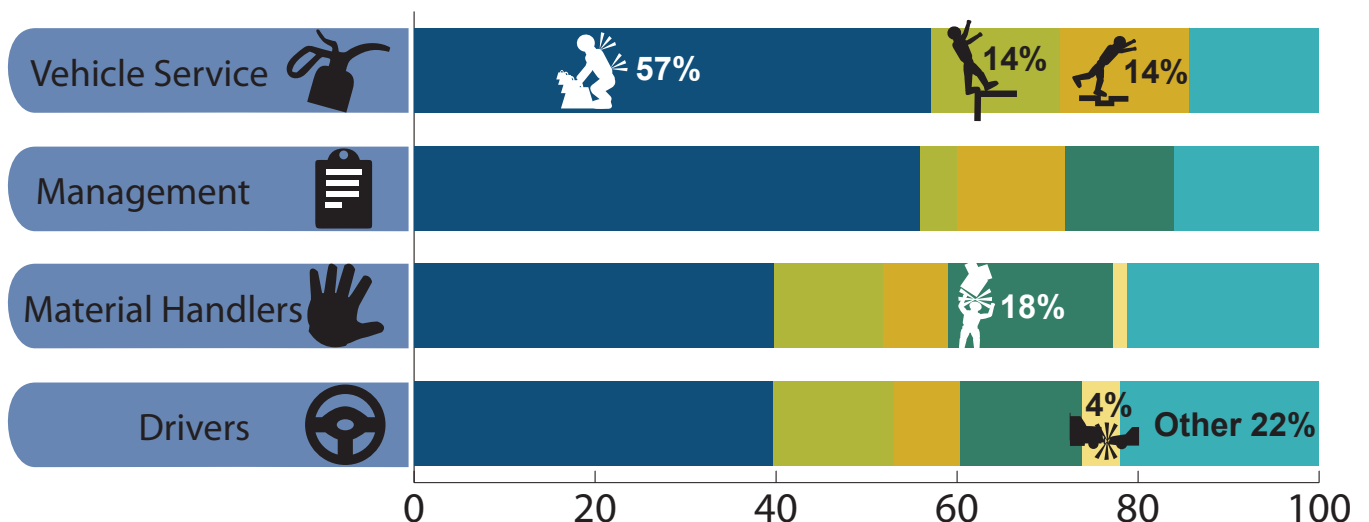


Figure 48. Percent of injury type by occupation, Specialized Freight, Movers 2006-2012



The highest median claim cost were vehicle service technicians (\$19,629), the lowest for material handlers (\$4,852)

Table 21. The top five injury type and source of injury combination in Movers, ranked by intervention priority.

| Description | PIP Rank |
|-----------------------------------------------------------------------------------------------------------------------------------------------|----------|
| Bending, reaching and/or twisting - examples include: twisting while carrying something heavy or injuring back while climbing in/out of truck | 1 |
| Lifting heavy furniture | 2 |
| Lifting heavy boxes, either from the ground or twisting | 3 |
| Fell from trailer or truck to the ground | 4 |
| Walking up stairs, backwards off ramp - while holding heavy objects, slipped, tripped or landed wrong | 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

- Complete a hazard assessment sheet for each job.
- Walk through the job site with your team to address hazards.
- Emphasize communication during team lifts.
- Check all ramps and walkboards for damage prior to each job.
- Make sure there are enough workers to safely lift heavy items. Use lifting aids whenever possible.
- 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.

Drivers

- Discuss any hazards you notice with your team.
- Discuss in advance how you and your lifting partner will communicate when to lift and any problems.
- Double check that walkboards and ramps are properly attached.
- Report pain early to your employer and physician. Early intervention can decrease the severity of injuries to muscles, tendons, joints and other soft-tissue.

- 234 compensable claims
- Cost over \$8.8 million
- Over 52,000 days of lost work

'Other' occupations had the highest median cost and medical portion of their claim than any other occupational group. It should be noted that the 'Other' occupational category had only 13 compensable claims during this period. 'Other' occupations include packaging and filling machine operators, accountants and auditors, and sales managers.

Figure 49. Compensable Claims By Age Group

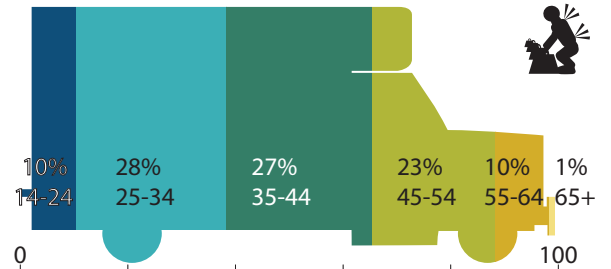





Table 22. Most common strain, sprain or overexertion by type and source combination of injuries in Movers, ranked by intervention priority.

| Description | PIP Rank |
|---------------------------------------------------|----------|
| Overexertion lifting heavy furniture | 1 |
| Bending, climbing, twisting | 2 |
| Overexertion lifting heavy boxes | 3 |
| Overexertion lifting entertainment center/armoire | 4 |
| Overexertion lifting pianos | 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

- Walk through the job site with your team to address hazards.
- Make sure there are enough workers to safely lift heavy items. Use lifting aids whenever possible. Emphasize communication during team lifts.
- 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

- Discuss any hazards you notice with your team.
- Discuss in advance how you and your lifting partner will communicate when to lift and any problems.
- Don't lift heavy items by yourself.

- 71 compensable claims
- Cost \$1.5 million
- 6,000 days of lost work

Only drivers and material handlers had more than 4 claims in this injury group. Drivers had the highest median cost (\$9,414). Material handlers median compensable claim cost was (\$4,062).

Figure 50. Compensable Claims By Age Group

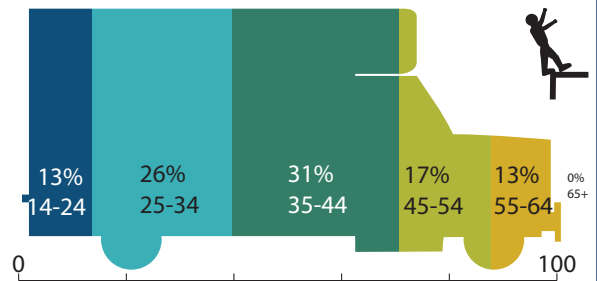


Table 23. Most common fall from elevation by type and source of injuries combination in Movers, ranked by intervention priority.

| Description | PIP Rank |
|--------------------------------------------------------------|----------|
| Fall from trailer | 1 |
| Fall off ramp or walkboard | 2 |
| Fall off truck - cab exiting or handle broke on trailer door | 3 |
| Fall down stairs - while carrying objects | 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

- Prepare for jobs by having enough workers and time to get the job done safely.
- Walk through the job site with your team to address hazards.
- Check all ramps and walkboards for damage prior to each job.
- Train employees to not over-stack cargo on hand trucks and watch where they are going.

Drivers

- Discuss any hazards you notice with your team.
- Double check that walkboards and ramps are properly attached.
- If you can't see your feet or the ground in front of you, get a spotter, walk very slowly and carefully or re-think how you are transferring the particular cargo.
- Don't rush.

- 43 compensable claims
- \$1.8 million
- Almost 10,000 days of time-loss

Only drivers and material handlers had more than 4 compensable claims for this injury group. Material handlers had significantly higher median costs for both the medical portion (\$16,181) and the overall cost of compensable claims (median \$29,208) during this period.

Figure 51. Compensable Claims By Age Group

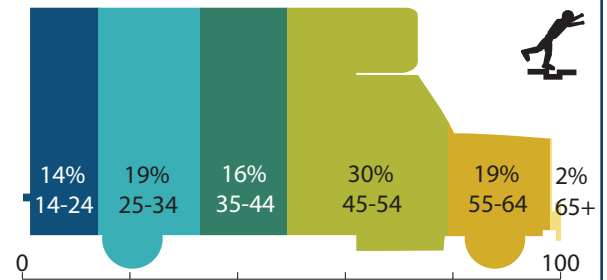


Table 24. Most common fall on the same level by type and source combination of injuries in Movers, ranked by intervention priority.

| Description | PIP Rank |
|------------------------------------------------------------------------|----------|
| Slipped on ramp, wet conditions | 1 |
| Tripped or slipped on various surfaces - dock plate, debris in the way | 2 |
| Slipped on wet ground | 3 |

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Prevention Tips

Employers

- Walk through the job site with your team to address hazards.
- Inspect ramps before each job. Mark "out of service" any that need re-treading or are missing hooks.
- Train drivers to park trucks to provide the least ramp angle and safest access.
- Provide squeegees and towels to dry walkboards and truck beds.

Drivers

- Discuss any hazards you notice with your team.
- Wear footwear with good treads. Heavy labor may require frequent shoe or boot replacement.
- Avoid walking through grass or other areas where the ground surface is obstructed. There may be dips, holes or other obstacles there that may trip you up.
- Use more caution during inclement weather. Slow down as slippery surfaces take more time to traverse than clear, dry surfaces.

- 87 compensable claims
- Cost \$2.7 million
- Over 59,000 days off work

Drivers and material handlers made up 93% of the compensable struck by or against claims for Movers. Struck by or against injuries for drivers and material handlers had median costs around \$3,000 (\$3,426 for drivers and \$2,984 for material handlers).

Figure 52. Compensable Claims By Age Group

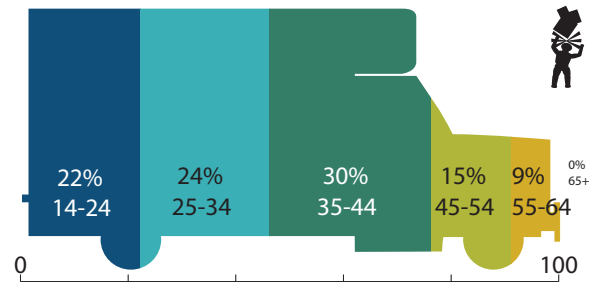


Table 25. Most common struck by or against injuries by type and source combination of injuries in Movers ranked by intervention priority.

| Description | PIP Rank |
|-----------------------------|----------|
| Struck by falling furniture | |

*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

- Walk through the job site with your team to address hazards.
- Train workers on correct load securement to prevent load shift.
- Train workers on proper lifting techniques including team lifting and how to use shoulder dolly/forearm lifting straps.
- Inspect ramps before each job. Mark “out of service” any that need re-treading or are missing hooks.
- Train drivers to park trucks to provide the least ramp angle and safest access.

Drivers

- Discuss any hazards you notice with your team.
- Double check load securement. Have a partner assist when loosening large, bulky items that might have shifted in transit.
- Avoid walking through grass or other areas where the ground surface is obstructed. There may be dips, holes or other obstacles there that may trip you up while carrying heavy furniture.
- Don’t catch falling freight.

- **15 compensable injuries**
- **Cost \$900,000**
- **Over 5,000 days of lost time**

Drivers accounted for over two-thirds of the vehicle-related compensable claims for Movers, with median compensable claim costs of about \$24,700.

Figure 53. Compensable Claims By Age Group

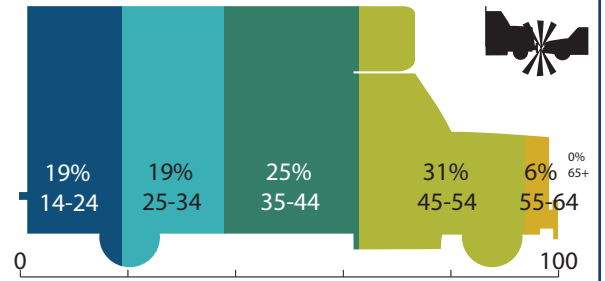






Table 26. Most common vehicle-related claims by type and source combination of injuries in Movers, ranked by intervention priority.

| Description | PIP Rank |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Hit by car while in truck |  |
| <p>*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.</p> | |

Prevention Tips

Employers

- Provide drivers with appropriate safety devices, e.g. cones, flashers, for when they are stopped to unload.
- Train drivers to check all lights, especially brake lights during their pre-trip inspection.

Drivers

- Leave plenty of room between your vehicle and other vehicles on the road.
- When parked for loading and unloading, use hazard lights or cones to distinguish your parked vehicle from other moving vehicles on the road.
- Park your truck away from traffic if possible.
- Wear your seatbelt.

General injury prevention

Employers

- Complete a hazard assessment sheet for each job.
- Walk through each job site addressing hazards as a team.
- Ask workers to point out the hazards they observe and work together to mitigate the risk.
- Don't understaff moves. Make sure there are enough workers to lift the heaviest items.
- Purchase or equip your hand trucks with brakes.
- 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 driver's day to inspect and re-inspect cargo securement. The extra few minutes could save you a lot of time, money and pain.
- Build a safety culture that makes driving drowsy as taboo as driving drunk.
- 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

- Inspect walk boards to be sure they are properly secured.
- Walk through the job first, note hazards and discuss mitigation techniques with your team.
- Discuss in advance how you and your lifting partner will communicate when to lift and any problems.
- Always wear sturdy shoes with good traction.
- Use hand trucks when possible to avoid hand carrying. Otherwise, team lift heavy objects.
- Stay vigilant about hidden hazards.
- Avoid walking through grass or other areas where the ground surface is obstructed. There may be dips, holes or other obstacles there that may trip you up while carrying heavy furniture.
- Before inspecting your truck and trailer, inspect the area around them for slip, trip and fall hazards.
- 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.
- Report pain early before it becomes a chronic condition.

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