



Industry: **General delivery**
Occupation: **LTL driver**
Task: **Unloading delivery**



TIPS TO LIVE BY

Employers

- Provide and encourage the use of hand trucks.
- Allow plenty of time for drivers to complete their work so that they are not rushed.

Drivers

- Always wear sturdy shoes with good traction.
- Use extra caution when you are carrying something that blocks your vision.
- Use hand trucks, don't hand carry.
- Slow down and feel your way by testing for the step with your foot if you cannot see.

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The rush to "get it done" ended up costing him

It was a typical day for this 48-year-old driver except that he had been assigned a new truck. As usual, he was in a hurry to get all his deliveries completed on time. He was manually carrying a box out of the trailer, exiting at the tailgate. Because the box was blocking his view of the steps, he put his foot out too far, and lost his balance. When he fell, the box he was carrying was smashed.

He landed on his left side fracturing his elbow, chipping his teeth and cutting his lip. He ended up being off work for almost two months and his claim cost over \$10,000. This amount does not even compare to the real cost to him both physically and financially.

It's very easy to forget to take care of yourself on a busy day when you are trying to please customers. Always put your safety first. Suffering an injury will put you even further behind schedule.

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