

These boots were made for walkin'

a true story



These boots are made for walking, but climbing sharp and skinny ladders, not so much!

A 50-year-old Washington truck driver found out the hard way that you need to use extra caution even in rugged work boots.

This tanker driver had climbed the ladder to watch the level on the first tank in preparation to switch to the second tank. He climbed down the ladder using 3 points-of-contact, but he was rushing to get it done.

Somewhere between the first and third rung, his foot slipped through the rungs and got trapped between the tank and ladder. He tried to pull his foot out, but his hands slipped and he fell backwards while hanging from the rungs. He slammed into the concrete on the ground breaking seven ribs.

Even though this rough, tough driver was in pain and having trouble breathing, he kept working, switching the valve to the second tank and pulling hoses. When he couldn't release the manual parking brake, he finally called his employer for help.

Of course, we would not recommend working through pain like this. Always report job related injuries to your employer immediately.

Tips to live by

DRIVERS

- Don't rush up or down the ladder.
- Don't skip or jump past the last rung.
- Stay aware of foot placement. Place middle of foot on rung.
- Inspect your boots for wear on a weekly basis.

EMPLOYERS

- Encourage workers to inspect the soles of their boots for wear. Consider if the cost of providing resoling of footwear might be cheaper than a potential injury.
- Give workers enough time to complete their tasks. Allow extra time for the unexpected so workers don't have to rush if they run into issues.
- Look for alternatives to workers going up and down ladders:
 - Internal tank monitors.
 - Spotter on the ladder to direct someone else to switch the valve.

KeepTruckingSafe.org

Twitter @TruckSafe

KeepTruckingSafe.org is produced by TIRES
SHARP Program
Dept. of Labor & Industries
Publication No. 90-119-2013 June 2013

Produced by the Trucking Injury Reduction Emphasis (TIRES) Project with funding in part from CDC/NIOSH grant U60 OH008487.