



## It was one of those days...

Industry: **Long haul**

Occupation: **Truck driver**

Task: **Exiting cab**

A 41-year-old truck driver thought his work boots were enough preparation to work in icy conditions. The ice proved more challenging than he expected.

Because of the ice, he got out of the cab again and again to scrape the windshield and the lights. First he fell from the icy truck steps, twisting his ankle. Later, as he exited the cab to unhook the trailer, he slipped on the ground and fell flat on his back. He fell a third time about three feet off the truck steps onto his left shoulder, twisting his left knee and low back.

Despite the pain, the truck driver continued working. But as he disconnected the trailer, it all caught up with him. He felt a sharp pain traveling to his spine and his arm went numb. The following day he couldn't move.

This gritty driver who had toughed it out despite the aches and pains had injured his back, left shoulder, and elbows.

It was two weeks before he was able to return to work on light duty.



### TIPS TO LIVE BY

#### Employers

- Refresh drivers on how to prepare for severe weather by checking their chains and carrying emergency gear.

#### Drivers

- **Don't risk it - stop driving when conditions are unsafe to do so.**
- Wear work boots with good traction. Cowboy boots are not a good shoe on a slick surface.
- Before exiting your tractor, and while still sitting in your seat, run your foot across the top step to check for ice.
- Always use three points of contact and face your truck when entering or exiting the cab.
- Watch for thin ice on tractor steps, dock steps, cat-walks, ICC bars and in parking lots.
- When walking around icy spots use handrails and concentrate on foot placement.
- Clean the windshields and all lights.
- Keep your winter kit in your truck.
- Refill your windshield washer fluid with a winterizing, antifreeze fluid.
- Check the condition of your tires and make sure they are properly inflated.
- Anticipate or notice changing road/weather conditions by checking weather forecasts.
- Check cross-traffic mountain pass conditions prior to traveling through an interstate.
- Increase the following distance, allow extra time.

[www.KeepTruckingSafe.org](http://www.KeepTruckingSafe.org)

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

SHARP Program

Dept. of Labor & Industries

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Publication No. 90-77-2011

November 2011