

TIRESpin



Trucking Injury Reduction Emphasis Study

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Inside:

Who's Getting Struck?	2
Industry Report	2
Company Corner	3
Safety Culture	3
Rodeo Winners	4

Each year
1 out of 100
trucking
industry
employees
will lose
work time
due to
an injury
from being
struck by
or against
an object.

Load shift and worn straps: Common causes of injuries from being struck by or against an object

Previous issues of TIRESPIN have focused on falls, both from elevation and on the same level, and injuries to muscles, tendons and joints. This issue will discuss the fourth most common and costly injury type - *being struck by or against an object*.

These injuries result from impact between a worker and a source. Either the source or worker can be moving or stationary.

Injury claims related to being *struck by or against an object* account for 13% of all trucking industry claims and the average estimated cost for lost-work-time claims¹ is \$23,700.

Examples of claim text when workers were *struck by or against an object*:

"Loader operator lifted the trailer before it was hitched, the trailer swung and hit my elbow."

"Opening doors of

container; particle board fell out of truck and landed on left foot."

"While attaching loaded trailer to his truck, apparently rolled back over him."

- This resulted in a fatality.

The most common source of these injuries is *being struck by or against* parts of a vehicle.

You can avoid injury due to *being struck by or against an object*:

- Watch for load shifts or falling cargo when you open a trailer.
- Watch for worn binders or straps that can break and strike you. Do not use if you see signs of wear.
- Stand clear of truck-mounted equipment, such as lift gates, when in motion.
- Watch from a safe distance while your truck is being loaded or unloaded.

Visit www.KeepTruckingSafe.org for tips on preventing injuries or to access *Preventing Injuries in the Trucking Industry: Focus Report*.

1. Lost-work-time claims involve injuries with four or more days of lost work time compensation, total permanent disability, fatality or the worker being kept on salary.





Who's getting struck?

Each sector in the trucking industry is affected differently by injuries from being struck by or against an object. Compare who is getting injured below.

Claims from Getting Struck By or Against an Object
as a Percent of All Claims Filed by Industry

	Truck Drivers	Manual Handlers
General Freight	21 %	30 %
Specialized Freight	12 %	17 %
Couriers and Messengers Service	10 %	17 %
Waste Management	12 %	23 %

Manual handlers are more likely than other workers to be hurt by getting struck by or against an object.



Trucking industry focus report

The *Preventing Injuries in the Trucking Industry: Focus Report* is now available.

This report contains information on workers' compensation claims, claim rates, costs, common causes and prevention ideas. It breaks down industry information by sectors:

- General freight
- Specialized freight
- Couriers and messengers
- Waste collection

Data is also grouped by the most common and costly injury types:

- Musculoskeletal disorders
- Falls
- Motor-vehicle-related
- Struck by or against an object

Solutions to common issues are addressed for each injury type. Your employees don't have to be statistics. Keep them safe. Keep them working.

View the entire report at <http://www.keeptruckingsafe.org/publications.html>. Limited numbers of the report are also available by calling 1-888-667-4277.

Each year 1 out of every 13 truck drivers has a work-related injury that results in a lost work time workers' compensation claim.

Company

Corner

The value of a good safety director

The trucking company was having a tough time. There were not enough drivers to get the trucks onto the road. Injuries had affected the company. The large premium that the company paid out, combined with the shortage of drivers, was hitting hard. This is a true story of a trucking company that was a diamond in the rough, needing just some safety direction to become successful. This is also the story of how this particular company lowered its premiums dramatically, going from an average annual injury cost in the mid-six figures to under \$3,000. Truly, the company reduced its annual injury costs by over 100 times in a year and a half.

The company brought in an experienced full-time Safety Director. First an in-depth injury analysis was performed. Once the injuries were categorized by what, where, when, why, and how, the results were prioritized and used in a comprehensive safety and health plan. This particular plan was revised quarterly, according to changes in injury trends. For example, after an 80% reduction in lower back strains, the plan was changed to address struck-by injuries. For struck-by/against, load securement was a big

issue, as was the need to open cargo doors very slowly at first, and communicating with loaders at load and unload zones. A similar prevention plan was drawn up for vehicle collisions, and used in a similar way. In addition to directly addressing root causes, a weekly safety newsletter was issued. Ownership backed the safety program 100%.

My company was enlisted to help with existing L&I claims. Light duty and kept-on-salary programs were introduced to keep the injured workers on the job and to let them know that the company cared.

All of these factors turned the company around. The salary of a good Safety Director was easily offset by the reduction in costs related to injuries, collisions, and premiums. Just over two years after hiring the Safety Director, the company also received a handsome retro check. It was a win-win situation for everyone. The workplace is safer, employee morale is at an all time high, and the trucks have drivers.

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You may not be able to do anything about the cost of fuel, but you can reduce the cost of your workers' comp premium

Do your employees know that their safety is important to you? Ask yourself: Is it more important that the job is *done safely* or *done quickly*? Your answer can say a lot about how you feel about safety in the workplace.

Can your business afford the time it takes to get the job done safely? Consider that just one on-the-job injury that results in lost work time can cost \$30,000. It makes good business sense to make sure your employees are working safely.

Don't accept that injuries are just a part of doing business.

- Provide the right equipment.
- Expect and model safe behavior.
- Encourage workers to report unsafe conditions.
- Work with your customers to ensure that deliveries and pick-ups can be made safely.

Make safety a priority at your company and you will see the difference in your workers' compensation premium, employee retention, and employee job satisfaction.



The TIRES research team wants to congratulate the **winners** of the Washington Trucking Associations **2008 Truck Driving Championships**

Grand Champion

Dan Poole, The Boeing Company

Rookie of the Year

Fabien Boucher, Safeway

Harry Fletcher Award

Charles Price, Conway Freight

1st Place Winners

3-Axle	Johnny Malone	Spokane Transfer
4-Axle	Robert Ness	Safeway
5-Axle	Joe Martinez	Roadway Express
Straight	Dan Poole	The Boeing Company
Twins	Mike Mygatt	USF Reddaway
Sleeper	Roy Garcia	Peninsula Truck Lines
Tanker	Dana Moore	The Boeing Company
Flatbed	Wayne Reece	Mason Dixon Intermodal

2nd Place Winners

3-Axle	Rick Turner	Fed Ex Express
4-Axle	Steve Sheridan	The Boeing Company
5-Axle	Fabien Boucher	Safeway
Straight	Kevin Glover	The Boeing Company
Twins	Chris Poyner	Conway Freight
Sleeper	Dane Radke	Safeway
Tanker	Lyle Pond	Safeway
Flatbed	Robert Dean	Conway Freight

3rd Place Winners

3-Axle	Gregory Keene	Fed Ex Freight
4-Axle	Chris Bates	Roadway Express
5-Axle	Roy Harrell	Puget Sound Truck Lines
Straight	Jim Pratt	Conway Freight
Twins	Jason Falk	Conway Freight
Sleeper	Chuck Snowden	The Boeing Company
Tanker	Neal Cowin	Carlile Transportation
Flatbed	Edwin Jeffries	Safeway

Don't Miss TIRESpin!

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1-888-667-4277

or

**TruckingNews@Keep
TruckingSafe.org**

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