

## Overview

Truck drivers have some of the highest work-related injury and illness rates and costs of any industry in the United States. Until recently, little attention has been given to injuries other than those caused during vehicle collisions. Truck drivers are at risk for injury during job duties such as loading/unloading freight, decoupling trailers, strapping down loads, and while entering and exiting the cab or trailer.

This descriptive study reviews all accepted, compensable (time-loss) workers' compensation claims from 2005 to 2010 in Washington State's trucking industry. Data are presented by occupation and industry sector. Counts, rates, median and quartile data are presented.

The purpose of this study is to report on recent trucking injuries in Washington State and to understand the magnitude of specific injuries.

## Injuries in the Trucking Industry

Work related injuries in Washington State's Trucking Industry, by Industry Sector and Occupation

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### Key Findings

- Trucking injuries varied substantially by industry sector as well as by occupation within a sector. A 'one size fits all' injury prevention plan will not work for all trucking sectors.
- The most frequent types of injury across all sectors and occupations were non-traumatic musculoskeletal disorders of the neck, back and upper extremities.
- Injuries associated with a vehicle (not necessarily a collision) had the highest median costs and time lost from work.
- The subgroup 'Couriers and Messengers' had the most lost work days.

### Impact

This study characterizes work-related injuries in the trucking industry so that limited injury prevention resources can be directed where they will make the most impact.

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#### Research for Safe Work

The SHARP Program at the Washington State Department of Labor & Industries partners with business and labor to develop sensible, effective solutions to identify and eliminate industry-wide hazards. Learn more at [www.Lni.wa.gov/Safety/Research](http://www.Lni.wa.gov/Safety/Research)

#### Find the article here:

<http://www.sciencedirect.com/science/article/pii/S0001457513005095>

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