

IT REALLY HAPPENED

True Stories
Real Truck Drivers
Serious Injuries



Traction Slips When Distraction Grips



The arrow shows a box truck deck in serviceable condition. *Not actual truck in story.

A 28-year old straight truck driver badly hurt her ankle when she slipped from a cargo box.

The driver's job required climbing up and down from a cargo box all day to deliver goods. During a stop, the driver got in the box and moved some freight near the door to load onto a hand truck parked on the ground. When she stepped down from the rear deck she became distracted, lost footing, and slipped off. She landed with the full force of her weight on her left ankle. The

ankle twisted and swelled up in sharp pain.

An MRI showed ligament damage in the driver's sprained ankle. The ankle continued to ache and feel weak after many doctors' visits, injections, and surgery. Medically restricted from truck driving work, the driver took a job as a retail cashier, anxious for her ankle to heal sooner.

Nearly two years later, the injured driver must still use a rigid ankle brace and is unable to operate a truck.

TIPS TO LIVE BY

Management

- ❑ Install slip resistant coating on cargo box decks, liftgate platforms, and trailer steps.
- ❑ Provide refresher training during safety meetings for drivers on how to climb cargo box decks or trailers.
- ❑ Perform job hazard assessments that identify injury risks and prevention solutions for climbing trucking equipment.

Drivers

- ❑ Stay focused when climbing up or down from a cargo box deck or trailer steps.
- ❑ Make sure cargo box grab handles, deck, and steps are securely mounted, clean, and serviceable.
- ❑ Use 3-points of contact facing vehicle, holding firmly onto grab handles, gaining stable, balanced footing, and climbing all steps.
- ❑ Wear slip-resistant work boots and check treads regularly.

All Employees

- ❑ Actively look for hazards and share injury prevention ideas with management.



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KeepTruckingSafe.org