



## Some deliveries can be a real pain!



Curb ramps\* such as the one above can help reduce injuries to muscles, tendons and joints.

Industry:	Specialized Trucking
Occupation:	Delivery driver
Task:	Driving and delivering appliances

A 45-year-old delivery driver was unloading appliances by himself at a condominium complex. The appliances were double stacked in his truck so he had to unstack them. Unfortunately, his hand truck did not have brakes, so he found himself running down the trailer ramp with appliances such as refrigerators that weighed over 400 pounds. Because there was no ramp or wheelchair access available to him, he had to haul heavy appliances over the curb. Part way through his 12-hour-day, he felt a snap and burning ache in his left arm. Also, his knees began to hurt going down stairs or ramps. When he finally went to the doctor, he was diagnosed with strains to his elbow, back and right knee. He lost 9 days of work time.

### Injury Prevention Tips for Delivery Drivers

#### Employees

- Make sure your truck has ramps and mechanical lifting aids.
- Keep loads close to your body. Avoid twisting with your body. Turn with your feet.
- When lifting, use both hands to distribute the weight evenly.
- Talk with loaders to be sure that your deliveries are in the correct order.

#### Employers

- Provide ramps and mechanical aids for all deliveries. This is especially important if you are not familiar with your customer's facilities.
- Purchase or equip your hand trucks with brakes. Some after market brakes are available.
- Large deliveries may require more than one person to unload.
- Make sure trucks are loaded in order of delivery.

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

SHARP Program, Dept. of Labor & Industries  
PO Box 44330, Olympia, WA 98504-4330

Phone: 1-888-667-4277

E-mail: [TruckingNews@KeepTruckingSafe.org](mailto:TruckingNews@KeepTruckingSafe.org)

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\* Curb ramps are sold by several manufacturers including Magliner, Eagle, Advanced Material Handling, B&P Manufacturing and Dutro.