

Tip Sheet



A series of work-related safety and health injury prevention tips for the trucking industry

Get Help With Heavy or Awkward Loads

HAZARD



Lifting heavy or awkward loads causes many of the strain/sprain injuries in the trucking industry.

SOLUTION



Get help lifting awkward or heavy loads.

Keep yourself from becoming an injury statistic

- Get help from a co-worker or customer if an object is over 50 lbs and mechanical aids are not available.
- Don't risk an injury using damaged equipment. Report any needed maintenance.
- Plan ahead when moving anything heavy or awkward. Work with customers, dispatchers, loaders and sales staff to make sure that loads are oriented properly and safe unloading is possible.

For more information go to www.KeepTruckingSafe.org.

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

Phone: 1-888-667-4277 Email: TruckingNews@KeepTruckingSafe.org.

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