

True Stories



Trucking industry injuries and prevention tips

Line Truck Driver Hurts Shoulder Lifting Converter Gear

Industry:	Trucking.
Occupation:	Line truck driver.
Task:	Hooking double trailers.

A 54-year-old line driver was hooking double trailers at an asphalt loading dock and attempted to lift the tongue of the 1500 lb converter gear set onto the pintle hook. While lifting, the driver felt a hot, burning pain in the right arm. It was dark and the yard was empty, so the driver went to the trucking company next door seeking help with the lift. The driver didn't receive any help, went back to the yard and completed the work alone.

The driver had to be in three different cities that evening to swap trailers and to load or unload freight. The driver called dispatch and spoke with the safety representative about the incident, and then finished the scheduled route. The next morning the driver's right arm felt like pins and needles — a rotator cuff tear that required surgery. The driver is still receiving physical therapy to help restore full range of movement and has been off work for 4½ months.

Injury prevention tips

- Position tractor close to converter gear for easier hookup.
- Use tractor to position converter gear at the trailer.
- Assure converter gear set is balanced.
- If present, check jack wheel for proper function and perform maintenance when needed.
- Use the jack wheel to do the lifting.
- If lifting is needed, keep the dolly close to your body and lift with your legs.



For more information go to www.KeepTruckingSafe.org.

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