



Falls from Vehicles in the General Trucking Industry

Between 2000 and 2004, 224 Washington trucking company workers were seriously injured falling from vehicles resulting in 41,000 lost work days.



The injuries from these accidents were so serious, the workers had to take time off from work or in some cases were permanently disabled. These serious injuries are costly and affect your industrial insurance premiums. They contribute to the reason for the average base rate of \$2.44 per hour per employee paid by employers in the general trucking industry. A trucking company with five full-time employees with an average rate of injuries (claims) would pay approximately \$24,400 in premiums in 2006. If your company has a higher than average number of injuries, your “experience rating” could increase by 25% and your premiums would increase to \$3.04 per hour per employee. In a year, that would be an increase of \$6000 to \$30,400 for five full time employees.

Causes of fall injuries in trucking

The most common causes of fall injuries are from the drivers and other workers falling from the vehicles when they are entering or exiting the cab or falling from the bed of trucks while loading, unloading and restraining the loads. The method of entering and exiting and the condition of the working surfaces play an important role in the causes.



Ways to prevent falls from truck cabs or truck trailer beds

- When entering or exiting the cab of a vehicle, use the three-point rule which requires either two hands and one foot or two feet and one hand to be in contact with the vehicle at all times.
- Always use the mounting handles and the stepping surfaces designed for the purpose of entering and exiting. These stepping surfaces are designed to offer non-slip surfaces unlike a tire or fuel tank.
- Slip resistant soles and heels on shoes help with traction. Also, make sure the stepping surfaces and your shoes are free of mud, ice and oil.
- When working close to the truck bed edge, always face toward the edge to keep from falling backwards.