



# Trucking Industry—Musculoskeletal Injuries

(“bodily reaction” muscle or joint injuries)

**233 Washington trucking company workers were seriously injured from a bodily reaction to a near fall between 2000 to 2004 resulting in nearly 41,000 lost work days.**



Know where you are at all times.

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 bodily reaction injuries

These injuries occur when people pull muscles, dislocate body parts, or overstress joints while trying to prevent themselves from falling after slipping on a slick floor or tripping over debris or an uneven surface. They also occur when people are off balance from awkward lifting or when using stairs or ladders with objects in their hands.



This is a good way to dislocate a shoulder.

## Ways to prevent bodily reaction injuries

- Use good housekeeping practices.
- Avoid carrying items up or down stairs. If you must use the stairs, make sure you have a clear field of vision and at least one hand free to hold the hand rail.
- Be aware of your surroundings. Use extreme caution when working close to the edge of a loading dock. Do not work close to the edge.
- Be aware of spills on walking surfaces. Clearly mark the area with warning cones or caution tape and make sure the spills are cleaned up immediately.
- Clearly mark uneven work surfaces and inclines.
- Use non-skid materials on steps and ladder rungs.
- Use materials handling equipment to move heavy and bulky items.