

# Trucking Industry—Overexertion Injuries

## Lifting, Pushing, Pulling, Throwing, Carrying

Over 1200 Washington general-freight truckers were seriously injured from overexertion injuries between 2000 and 2004

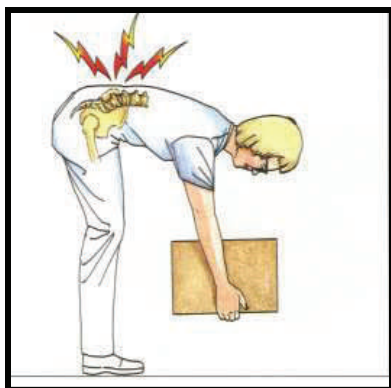


These injuries were so serious, the employees had to take time off work or in some cases were permanently disabled. These serious injuries are costly and affect your industrial insurance premiums. They contribute to the reason for the average base rate of \$2.45 per hour per employee paid by employers.

A trucking company with five full-time employees with an average rate of injuries (claims) would pay approximately \$24,500 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 \$3.06 per hour per employee. In a year, that would be an increase of \$6100 to \$30,600 for five full time employees.

### Causes or sources of injury

- Lifting or adjusting boxes, cartons, trays, bundles, bales, tanks, bins and racks.
- Positioning pallets to enable forklift to access the stack.
- Tarping the load, hooking the side straps.
- Handling binders.
- Wrenches or other tools slipping.



### Solutions to prevent injuries

- Use mechanical assist devices such as forklifts, pallet pullers, conveyors, hoists, vacuum hoists, and scissor lifts whenever possible.
- Use bulk units such as pallet and mini-pallets to reduce manual re-handling of product.
- Use height-adjustable extendable conveyors, hand trucks, dollies and carts to transport goods instead of carrying.
- Slide objects instead of lifting them.
- When possible, adjust the height of the load to a good working height to reduce awkward lifting and reaching (use forklift, adjustable tables, etc.)

