**Slips Trips and fall’s**

Slips trips and falls are the cause of some very serious injuries in the trucking industry. Some of the injury’s that occur are time loss not to mention very painful.

What kind of slip trip and fall hazards should we expect in the trucking industry.

* Weather
* Debris
* Steps
* Getting on and off tractors/ trailers / ladders

**Weather** Weather is a big contributing factor when it comes to slips trips and falls. Ice, snow and Rain make walking surfaces very slick. Make sure you have good traction soles on your shoes also take extra care when walking on these surfaces. When you are the deck of a flatbed make sure you are extra Cautious.

**Debris** Debris presents lots of opportunities for Slips, Trips and falls. Watch for Debris like rocks, Pieces of wood, and trash when stepping out of the cab of the truck and as you walk around the truck. When working on the deck of a trailer take extra time to clear the deck of debris if it can’t be removed be extra careful.

**Steps** Steps when going up and down steps make sure to use the hand rail especially if the walking surface is wet, icy, or snowy. When getting in and out of the truck make sure to use three points of contact, also make sure you are facing the equipment. Check to make sure there is no debris on the steps or on the ground surrounding the steps.

**Getting on and off trailers** When getting on and off of trailers use extreme caution. Take your time. Do not jump off of any piece of equipment. Always make sure the area your stepping onto is clear of debris.

**Summation**. Slipps trips and falls account for a little over 50,000 injuries in the trucking industry in 2014 according to the national labor board statics. Injury’s ranged from very little to very long time loss. We need to be extra careful to avoid slips trips and falls by taking the time to look where we are stepping and how we are stepping. Please take care, your health and welfare are important. You are very valuable.