November Safety Focus

**November’s safety focus is on slips trips and falls.**

Slips, trips and falls are one of the leading causes of injuries.

Why is this so important to you? The greatest reason is your safety. If you are injured not only will it hurt physically, but it can also become a financial burden. If it is a time loss accident or even if it happens on your personal time, Dr. bills may not be covered by insurance.

Some of the hazards we need to be mindful of are:

* Weather
* Debris
* Stairs / Steps
* Getting on and off of equipment
* Improper footwear

**Weather**

Weather is a big contributing factor. Ice, snow and rain make walking surfaces very slick. When working in these environments, take your time.

**Debris**

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

**Stairs / Steps**

When going up and down stairs make sure to use the hand rail and take extra care if they are wet, icy or snowy.

**Getting on and off of equipment**

When getting in and out of the truck or on and off of equipment always use three points of contact and face the equipment. Check to make sure there is no debris on the steps or on the ground surrounding the steps.

**Improper footwear**

Improper footwear for the environment greatly increases your chances of slipping. Wearing boots or shoes with slick soles on slippery surfaces is a recipe for disaster. Check your working environment and adjust your shoe choice.

**Summation**

Slips, trips and falls accounted for a little over 50,000 injuries in the trucking industry in 2014 according to the National Labor Board statistics. Injury's ranged from very little to very long time loss and even death. We need to be extra careful to avoid slips, trips and falls by taking the time to look where, how and what we are stepping into. Please take care; your health and welfare are very important to your family as well as us. You are very valuable.