Trucking Safety Infographic

Top Trucking HAZARDS and how to prevent them



Working remotely

- Plan and communicate the route

Falls from heights

- Follow procedures and apply fall protection equipment

Slips and trips

- Inspect work areas and wear safety footwear

Lifting and material handling

- Use safe techniques and lifting aids

Unsafe accommodation

- Plan safe stops

Prolonged sitting

- Take regular stretch breaks

Stress

- Pace your driving

Violence

- Avoid and de-escalate

Musculoskeletal disorders

- Get training on adjusting work practices

Fatigue

- Schedule rest breaks and develop quality sleep habits

Source: https://www.ccohs.ca