

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>