



Working in the dark

Industry: **Regular Route**

Occupation: **Truck Driver**

Task: **Pre-trip Inspection**

Early one morning, while it was still dark, a 62-year-old truck driver was walking around his truck doing the pre-trip inspection. In the darkness, he didn't see that a railroad tie that was used to separate the parking areas had been knocked out of place and was partially blocking his path. He stepped on the edge of the tie, twisting and spraining his foot. The injury kept him off work for 18 days.

This unfortunate incident is a reminder to keep the yard clear of debris and well lit. It's also important to carefully observe the area you are working in, even if it is your usual work area. Conditions can change quickly.

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SHARP Program

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TIPS TO LIVE BY

Employers

- Make sure work areas have good lighting.
- Provide LED headlamps to all employees who work outside after dusk or before dawn.
- Remind workers to clean up or remove tripping hazards.
- Encourage workers to be aware of potential hazards and either fix them or report them.

Drivers

- Day or night, during your pre-trip inspection, have a light to check the locking jaws.
- Keep your hands free by using an LED headlamp instead of a flashlight.
- Carefully check the ground outside your cab and around the truck and trailer for trip or slip hazards.
- Wear high-visibility clothing or vest.