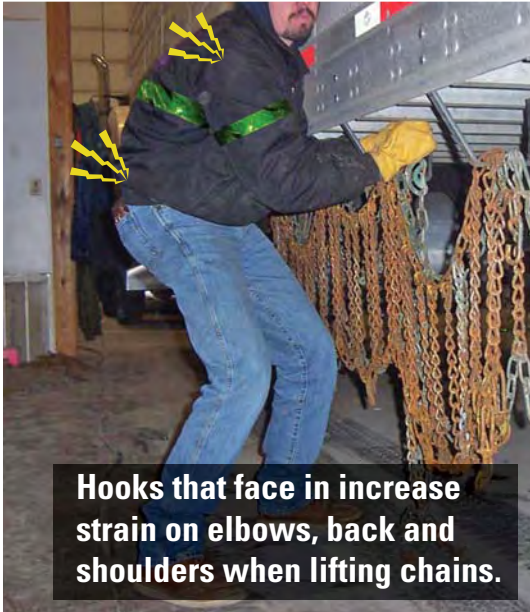


Tip Sheet



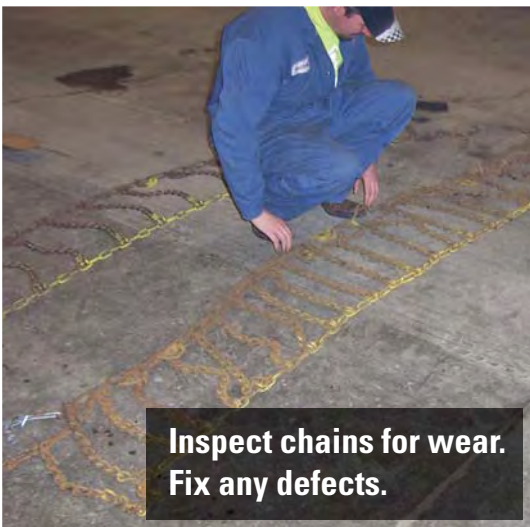
A series of health and safety tips to prevent work-related injuries in the trucking industry



Hooks that face in increase strain on elbows, back and shoulders when lifting chains.



Hooks facing out allow for better posture when lifting chains.



Inspect chains for wear. Fix any defects.

✓ Tips for Successful Chaining

- ❑ Inspect your chains for defects at the beginning of each winter season and after each use.
- ❑ Practice chaining each truck you drive.
- ❑ Keep a flashlight and back-up batteries in your truck.
- ❑ Review tire chaining requirements in the *Washington State Commercial Vehicle Guide*, section one, pages 10-14.
- ❑ Use DOT provided chain-up areas or pull as far off roadway as possible.
- ❑ Place 3-rail chains carefully by wrapping the chain around outer tire, then lifting over inner tire.
- ❑ Avoid damaging the tire by facing cross-chain-hook ends out.
- ❑ Snug excess chain out of the way using a bungee cord or similar device. Hanging chains can cause damage.
- ❑ Use your 5th-wheel release hook to grab the loose end of the chain on the back side of the tire.
- ❑ Wear your reflective clothing. Make sure others can see you!

www.KeepTruckingSafe.org

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