

True Stories



Trucking industry injuries and prevention tips

80-Pound Box Leads to 8 Days Off Work

Industry: Trucking
Occupation: LTL truck driver
Task: Unloading trailer

A 33-year-old less-than-truckload driver from Tacoma was unloading his trailer by hand at a store. The store employees were not allowed to help, so he was unloading by himself. When he picked up an 80 lb. box, he felt a pop and pinch in his lower back. Then he could not stand up. He was diagnosed with a sprain to his lower back. The injury caused him to miss eight days of work.

Injury Prevention Tips for Lifting

- Make sure mechanical aids such as hand trucks and pallet jacks are on your truck.
- Use mechanical aids or more than one person to lift heavy loads.
- If you must lift manually, check the weight and keep loads close to your body.
- Don't ignore pain. Report symptoms to your supervisor.



Use a hand truck for heavy loads.



Use a pallet jack, not your body to adjust pallets.



Use a team to share the load.

For more information, go to www.KeepTruckingSafe.org

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Produced by the Trucking Injury Reduction Emphasis (TIRES) Project with funding in part from CDC/NIOSH grant U60 OH008487.

Publication No. 90-11-2007