

TIP SHEET

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



TIPS TO LIVE BY

Put a Freeze on Injuries



Loading docks and terminal yards can be dangerous places at any time of the year. The combination of trucks, forklifts, ledges, steps, stacked freight, pallet debris, rollup doors, and pedestrians increases the risk of struck-by and slip, trip, and fall injuries. When you throw winter weather into the mix, the risk can get even worse. Snow, ice, sleet, mud, and rain reduce traction. Less sunlight, fog, and road salt create visibility problems. Employees may be rushed to meet the increased demands of holiday shipping. These conditions make injury prevention seem impossible, but it is achievable.

Increase visibility

- ☐ Maintain loading dock and terminal yard lighting.
- ☐ Keep vehicle windows and mirrors clean.
- ☐ Wear hi-visibility reflective clothing.

Prevent slips

- ☐ Add a snow and ice removal plan to your company safety program.
- ☐ Keep the interior of the loading area clean and dry.
- ☐ Install anti-slip safety mats in loading area walkways.
- ☐ Clean and dry dock boards or plates after use.
- ☐ Wear anti-slip footwear.

Prevent falls

- ☐ Inspect loading dock door seals and close doors when the dock is not in use.
- ☐ Install dock locks to prevent trailer creep.



Washington State Department of
Labor & Industries

TIRES is a project of the Safety & Health Assessment & Research for Prevention (SHARP) program of the Washington State Department of Labor & Industries. TIRES is supported in part by CDC/NIOSH grant# U60 OH008487. For more information and free training resources visit

KeepTruckingSafe.org

SHARP Report No.: 90-130-2019