

TIP SHEET

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

Safe Cab, Safe Driver



Proper [seat fitting](#) can help prevent back pain, discomfort, and fatigue.

A truck cab has more uses than any other part of a truck. It serves as the vehicle's control center, an office for paperwork and phone calls, a break area to rest and eat, a shelter from bad weather and environmental conditions, and a storage space for work supplies and equipment. The cab's multiple uses come with a wide range of hazards. Injuries can result from cab entrance and exit, prolonged sitting, reaching and handling the steering wheel, gear shifter, switches and knobs, and exposure to vibration, noise, chemicals, and fire risks. Take steps toward cab safety by starting with the following tips.



Washington State Department of
Labor & Industries



TIPS TO LIVE BY

Falls:

- Make sure grab handles and cab steps are securely mounted, clean, dry, and usable.
- When climbing up or down steps to cab, use 3-points of contact facing vehicle, holding grab handles firmly, gaining stable footing, and climbing all steps.

Strain or sprain:

- Don't [jump from the cab](#) to the ground, use 3-points of contact instead as described above.
- If possible, install comfortable ergonomic seats, arm rests, steering wheels, shifter knobs, cabinets, and mattresses.

Chemical hazards:

- Make sure interior engine cover is securely fastened and report exhaust system leaks to maintenance.
- Install a smoke or carbon monoxide alarm in cab.
- Never use exhaust heaters, unenclosed flame heaters, or heaters permitting fuel leakage or air contamination.

Noise:

- Tighten loose or broken cab components and accessories.
- Report excessive noises from vehicle systems to maintenance for repair or replacement.

Fire:

- Equip cab with Class ABC fire extinguisher.
- Do not use or store flammable products inside cab.
- Report electrical problems immediately to maintenance for repair.

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KeepTruckingSafe.org

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