



## WINTER SLIP AND FALL PREVENTION

February 2020

Winter weather conditions require a professional driver to be extra aware of working safely around the unit. There are many areas that require your attention and focus to drive and work safely. As a professional driver, you must be healthy and able to perform all functions of your work, including the non-driving task of delivering customers' freight.

Slips and falls are a leading cause of injury. Working around the truck presents many hazards regarding slips and falls. Some of those hazards and how you can prevent slip and fall injuries include:

### Entering and Exiting the Truck

This is one of the most basic functions of driving a truck. Winter conditions can cause the steps to be snow or ice covered. The surface you will step down on can also be slick from snow or ice. The Three Points of Contact method is important to prevent slip and fall injuries. Always have three parts of your body (two hands and one foot or two feet and one hand) in solid contact with the approved steps and handholds. Take that last step down to the ground VERY carefully and test the surface condition before you release your hold on the truck.

### Specialized Equipment

Flatbeds, tankers and dump trailers present different issues than dry vans and refrigerated trailers when it comes to slips and falls.

Flatbeds are the most challenging, especially in the winter, as you have to climb on and off the trailer during cargo securement and tarping. Dumps and tankers can require climbing to tarp, sweep or load and unload. The Three Point Stance becomes even more important as a focus point with specialized equipment.

### Dropping and Hooking Trailers

This point is often not associated with slip and fall injury. Pulling the fifth wheel release or lowering and raising the landing gear is another cause of a slip and fall. If you are not properly positioned, your feet can slip and a fall will result. You must exercise EXTREME caution when performing this type of work during winter weather conditions.

### Parking Lots and Stairs

Many slip and falls during the winter take place when you are walking to or from the truck stop or shipping office. Wear proper winter footwear (NO LEATHER SOLES), test each step and "shuffle" your feet when you are not sure of what the surface condition is under the snow. Do not hurry. Walk slowly and carefully. Use hand rails on stairs. Try to keep your hands free to help with your balance.

### Dress Properly for the Weather

It is difficult to concentrate on working and walking safely around the truck if you are cold. Proper winter weather protective clothing can keep you warm and allow you to focus on not being injured.



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