

PROTECT YOURSELF FROM THE TOP **5** PREVENTABLE INJURIES



>> Wear Appropriate Shoes

Wear appropriate slip-resistant shoes with adequate ankle support. Periodically check the condition of the soles and replace them as they wear down. Be cautious of uneven surfaces, poor lighting and obstructions.



Slips & Trips



Motor Vehicle

Collisions

>> Examine/Educate

Examine the cause factors that may have led to previous motor vehicle collisions and educate yourself accordingly on appropriate prevention tips. Perform a root cause analysis with a focus on driver qualifications and training.



Lifting

>> Stretch and Warm Up

Remember to stretch and warm up before lifting. Limber muscles are less likely to pull or tear. Practice proper lifting techniques including lifting with your legs. Always try to get help and use mechanical aids when available.



Animal Bites

>> Honk Your Horn

When you pull up to a customer's location, honk your horn and announce yourself. This will help bring a dog to the front if there is one. Do not try to pet the dog or make eye contact. Do not try to run.



Falls

>> Three-Point System

Use the three-point system when entering and exiting your truck, trailer or dock area. Jumping causes muscle and joint damage that progresses into serious injuries. Step slowly and do not rush. Be aware of your surroundings and look for hazards.

