

Worker Injury Prevention Strategies

Presented By | Rich Moldstad

Cottingham & Butler

OUR PRESENTER



RICH A. MOLDSTAD, CDS
Safety Consultant

rich.moldstad@cb-sisco.com
(219) 477-3682

TRUCKING INJURIES

Trucking = HIGHEST RATE of INJURIES requiring days away from work.

62% of the days-away-from-work cases.

Lengthy periods away from job

Source: United States Department of Labor,
Bureau of Labor Statistics Nonfatal Occupational

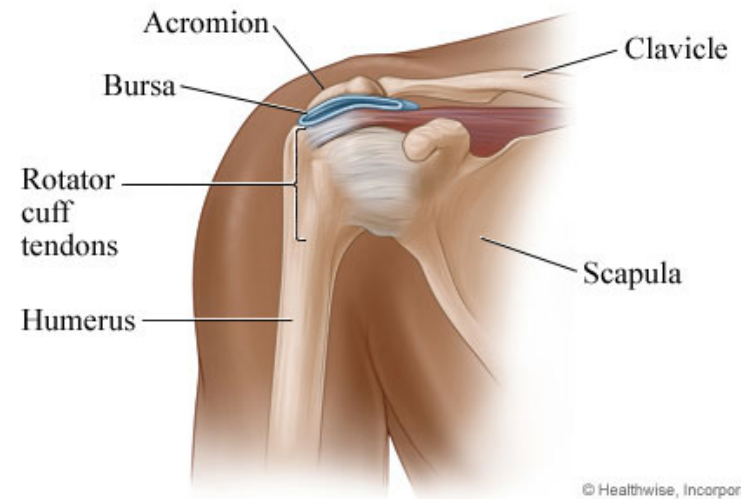


SHOULDER INJURIES

Rotator cuff

Most injuries - normal wear and tear and/or overuse.

Sudden forces = problems

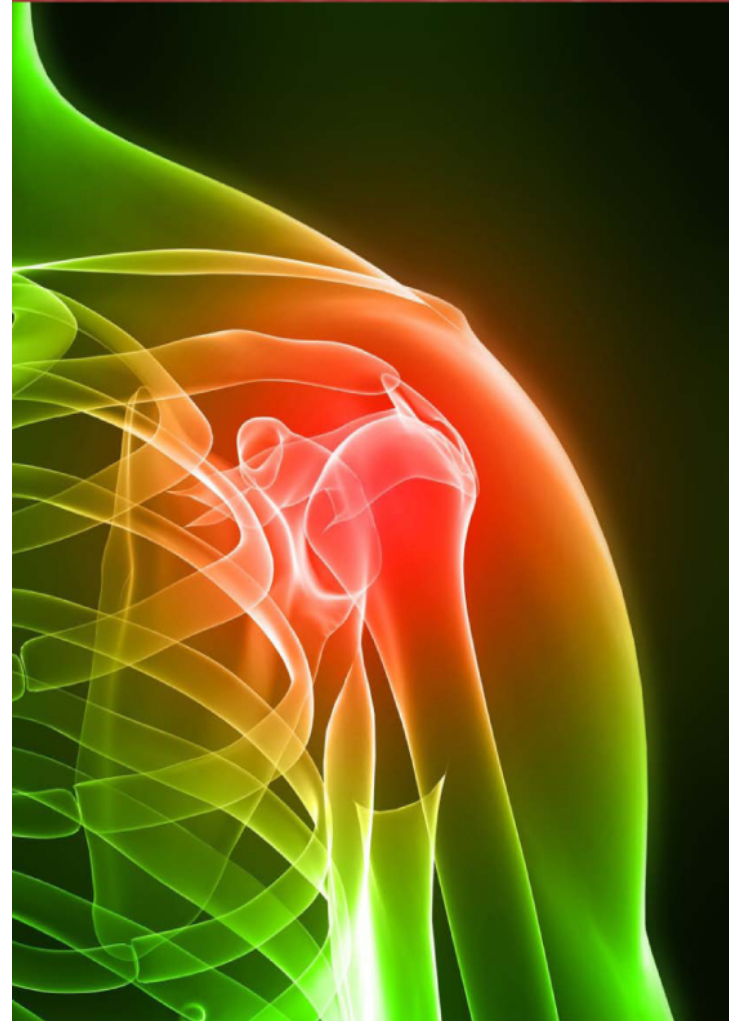


SHOULDER INJURY CONTRIBUTING FACTORS

Aging driver workforce causes
greater exposure to injury

Economic forces

Driver's work is largely sedentary



PULLING 5TH WHEEL RELEASE HANDLE

- Awkward position
- Crouching down
- Back bent in a weak position
- Body stability is compromised
- Utilizing small muscles of one arm/rotator cuff
- Arm raised above the head
- Driver must exert an average of 100 lbs. of pull-force

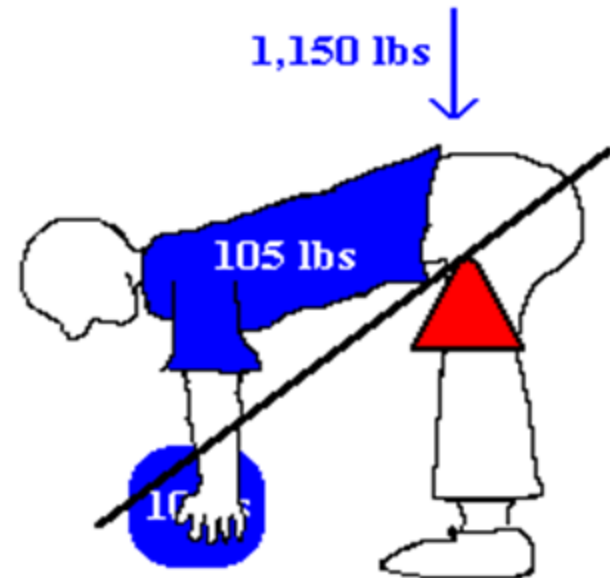


FORCES ON SPINE

Forces placed onto lower spine are tremendous

10 to 1 ratio for lifting/pulling

Must add body weight from waist up



ADDED FORCES ON SPINE

Now when we add an additional
100 lbs. from waist up

$100 \times 10 = 1,000$ lbs. additional force
placed on spine

Add the 100 lbs. of pull-force on handle

DANGER!



SLIPS AND FALLS

Many severe shoulder and back injuries occur due to a slip/fall

Difficult to use secure stance

Stubborn 5th wheel may release unexpectedly



BENEFITS OF A HANDLE/PIN PULLING DEVICE

- Athletic stance
- Both arms now used
- Large muscles and weight of the body for pulling
- Spine kept more in alignment
- Arms not raised above head



PIN PULLING DEVICES

Home-made or commercially produced?

Measure for correct length

Handle for two - handed use



TWO HANDLED PULLER

Forces athletic stance when used properly

Encourages use of both arms and large muscles of chest



SLIDER PIN RELEASE

- Poor stance
- One arm
- Positioning



PIN PULLER - TANDEMS

- Athletic stance
- Both arms
- Large muscles
- Body weight
- Spine in alignment
- Arms not raised



STARAT SLIDER RELEASE WWW.STA-RAT.COM



STARAT APPLIES CONSTANT PRESSURE DRIVER ROCKS THE TRAILER TO ENGAGE STARAT



STARAT HANDLE VISIBLE FROM CAB – NO GETTING IN/OUT OF TRUCK TO SLIDE PINS



RELOADING STARAT - DIFFICULT



LANDING GEAR

Ensure proper stance

Proper footwear



LANDING GEAR

Two arms better than one?



OPENING/CLOSING TRAILER DOORS

Use two arms

Walk door open/closed

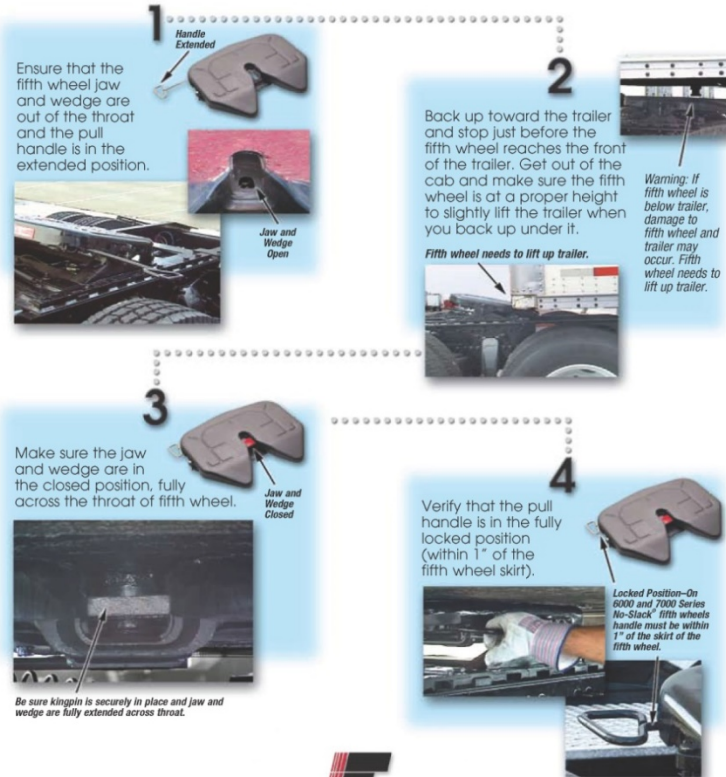
In wind, release door if necessary



TRAILER COUPLING

- Truck/trailer must be level
- Kingpins not bent
- Trailer proper height
- Properly maintain 5th wheel

Fontaine® No-Slack® Fifth Wheel (6000/7000/7000CC) Coupling Procedure



FONTAINE
FIFTH WHEEL®

TRACTION AIDS

- Spikes provide grip
- Easy on, easy off
- DueNorth – www.surefoot.net



STRENGTH AND AGILITY EXAMS

Cost Reduction Technologies

<http://costreductiontech.com/>

Occupational Medicine Clinics

Physical therapists



WHAT NOW?

Driver training

- Shoulder/back body mechanics
- Coupling/Uncoupling
- Landing gear
- Trailer doors
- Footwear
- FCE Exams
- 3-Point Contact use

Pin Pullers

Daily safety awareness/campaigns

WHAT CAN A “SAFETY AWARENESS PROGRAM” DO?

- Establish “campaigns” to increase safety awareness
- Reduce company losses
- Promote employee safety
- Increase company morale

IMPLEMENTING SAFETY AWARENESS PROGRAM

1

Establish a management safety committee

2

Conduct small group safety meetings

3

Create safety campaigns

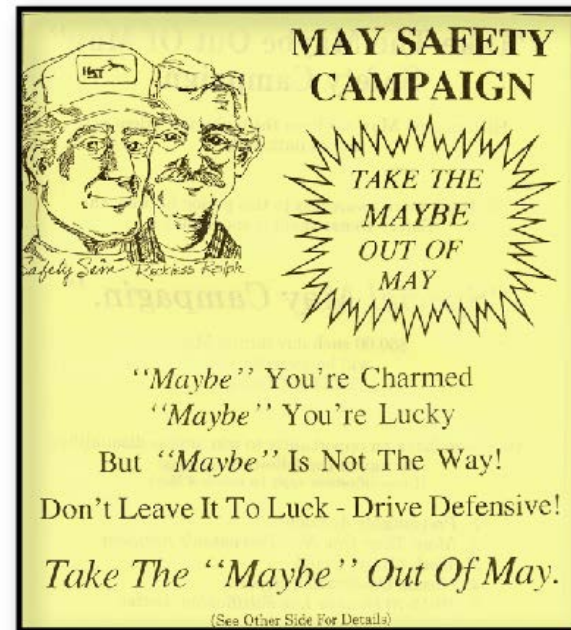
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Additional safety initiatives

“TAKE THE MAYBE OUT OF MAY” CAMPAIGN

Disqualifying events:

- Preventable accident
- More than one non-preventable accident
- Workers’ compensation claim
- Unsafe observation report
- Log falsification letter



“WINTER HIGHWAY SAFETY” CAMPAIGN





ADDITIONAL INITIATIVES

- Safety business cards
- Safety stickers
- Safety balloons
- Safety tent cards
- Company-specific safety videos



“TAKE SAFETY TO HEART” CAMPAIGN



SAFETY GIVE AWAY

At the end of each bonus period a “Big Ticket” item will be given away.



“SAFETY STICKERS – TRACTOR DOORS”



“SAFETY STICKERS – INSIDE CAB”



“SAFETY STICKERS – TRAILER DOORS”



QUESTIONS?