

Trucking Safety Infographic



Top Trucking

HAZARDS *and how to prevent them*



Working remotely

Plan and communicate the route



Falls from heights

Follow procedures and apply fall protection equipment



Slips and trips

Inspect work areas and wear safety footwear



Lifting and material handling

Use safe techniques and lifting aids



Unsafe accommodation

Plan safe stops



Prolonged sitting

Take regular stretch breaks



Stress

Pace your driving



Violence

Avoid and de-escalate



Musculoskeletal disorders

Get training on adjusting work practices



Fatigue

Schedule rest breaks and develop quality sleep habits

Source: <https://www.ccohs.ca>