

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>