## Trucking Safety Infographic



## Top Trucking

HAZARDS

and how to prevent them



Working remotely

 Plan and communicate the route



Slips and trips

 Inspect work areas and wear safety footwear



Unsafe accommodation

► Plan safe stops



**Stress** 

Pace your driving



Musculoskeletal disorders

 Get training on adjusting work practices



Falls from heights

Follow procedures and apply fall protection equipment



Lifting and material handling

 Use safe techniques and lifting aids



Prolonged sitting

► Take regular stretch breaks



**Violence** 

Avoid and de-escalate



**Fatigue** 

Schedule rest breaks and develop quality sleep habits

Source: https://www.ccohs.ca