

## ***Loading Dock Worker & Commercial Driver Safety***

### ***Introduction & OSHA's Top Ten Citations in the Motor Carrier Industry***

#### ***The Ins & Outs of Loading Dock and Warehouse Safety***

With nearly 25% of all warehouse injuries occurring at loading docks, making sure drivers and other employees understand how to spot and avoid hazards is key! ***Ups and Downs of Material Handling Equipment Safety*** reviews important safety procedures related to the use of material handling equipment, and shows employees how to safely operate pallet jacks, high-lift stackers, dock levelers, hand trucks, forklifts, and others.

#### ***Injury Prevention for Drivers***

According to the Bureau of Labor Statistics, professional truck drivers suffer more injuries requiring time away from work than any other industry. This is a trend that has continued for over a decade. This session is an industry-specific, prevention-based training program. It provides drivers with information on what it takes to stay injury-free while performing non-driving tasks. This promotes safety in and around the vehicle, which helps them stay on the road and contribute to your bottom line.

***Injury Prevention for Drivers*** addresses...

- Basic fall protection practices to avoid slips, trips, and falls on the job
- Ways to avoid sprains, cuts, pinches, abrasions and lacerations
- Techniques to avoid back injuries
- Methods to help prevent being pinned or crushed by cargo
- Working safely outdoors in extreme heat and cold conditions

This program helps raise drivers' awareness in regard to these injury issues while stressing the driver's role in prevention. It also reviews the causes of driver injuries: unsafe acts and conditions, human error, environmental factors, and "whole body vibration" (i.e., sitting in the cab seat for extended periods).

#### ***Modern Marvels –Loading Docks***

Far more than just platforms, these ubiquitous facilities are the key to the modern transportation industry. It doesn't really matter how the goods arrive--whether they are coming by plane, train, truck or ship, they will be processed at LOADING DOCKS. And though most of us never give these structures and facilities a second thought, those in the transportation industry realize that they are at the heart of their business. Even at the ancient ports of Greece and Egypt, workers used simple technologies like the lever and the barrel to help make the arduous task of unloading vessels easier. And standardized containers--like the amphora that litter the Mediterranean bottom--made packing and unpacking ships easier. The modern amphora is the shipping container. Developed in the '50s and '60s, these intermodal units are lifted straight from ships and placed on our trucks or railcars for delivery to their customer destinations. They also make it possible, with the help of the massive cranes that dominate modern docks, to unload a freighter in as little as a couple of hours.

### ***Recent OSHA Citations in Freight Terminals, Distribution Centers, & Warehouses***