

SOLUTIONS

Musculoskeletal Disorder (MSD)



- Task
- Hazards
- Solutions

50

1997-2005

● Moving containers (boxes, crates, trash, totes) or furniture.

● Manual handling, repetitive lifting, heavy lifting, awkward lifting, hurrying and unbalanced load.

● **Employers** Provide mechanical aids and training to move materials at all work locations. Provide proper lift training to employees. Balance the type of work an employee performs. Communicate with customer, driver and loader to assure optimal loading and unloading.

● **Employees** Evaluate first and then lift a container - size and weight can fool you. Don't carry excessive weight, you can find a better way. Use mechanical aids to lift and move cargo. Be prepared for load shift. Report discomfort and hazards early to your supervisor so they can be dealt with.

● Using or misusing a vehicle or vehicle parts such as a dolly, handcart, pallet jack, truck, trailer, or support equipment.

● Excessive pushing and pulling, overloading work equipment, uneven ground, unbalanced loads.

● **Employers** Make sure all equipment is in proper working order. Identify hazard areas. When buying new vehicles or equipment select designs for worker safety. Keep the work area as clean as possible.

● **Employees** Don't misuse pallet jacks or dollies by over loading them, avoid driving on poor or uneven work surfaces. Use good body position to move handcarts. Don't pull or push with one hand, use two to distribute the impact to your body. Pushing is usually better than pulling.

● Climbing on/off or opening and closing doors or levers on a vehicle such as a trailer, truck cab, or loader.

● No foot holds available, neglecting to use proper hand and foot holds. Different forces required to open and close doors or levers on a vehicle.

● **Employers** Make sure your vehicles have features for employees to climb on if needed. Provide elevation stations to aid in moving around the truck. Make sure equipment is available to reduce dangerous ascents and reduce mechanical force needed to open and close parts of a truck, such as a 5th wheel release extender bar.

● **Employees** Use three points of contact when working on elevated work surfaces. Avoid working at heights when possible. Don't assume a good strong tug will open everything. Use both hands to push or pull levers and doors.

● Manually securing loads with straps, binders or dunnage and tarping loads.

● Straps breaking, throwing heavy straps or chains, lifting heavy dunnage or tarps to elevated positions, winch bars.

● **Employers** Replace straps before they break. Have employees work together to secure loads. Provide tarping stations. Provide storage racks for stored material and equipment.

● **Employees** Use provided safety equipment, faster isn't better or safer. Always evaluate the condition of a strap or binder prior to use. Use good lifting technique and mechanical aids.

Falls from Elevation



- Event
- Hazard
- Solutions

● Falling from the work surface (trailer, loading dock, ramp, walk-board).

● Poor outside ground conditions (loading dock, trailer bed or material), slick stairs or material, poor floor conditions, slippery street, poor ramp conditions.

● **Employers** Keep the work area clean and well lit. Keep employees off elevated surfaces like the trailer. If employees must work at an elevated position, provide platforms with guard rails or fall protection. Provide ladders and training. Train employees how to safely work on elevated surfaces. Maintain equipment such as trailer ladders and cab steps. Provide non-slip surfaces on access points and other walking surfaces.

● **Employees** Don't jump off your trailer. Use ladders and safety equipment when working on elevated work areas like a trailer. Be careful when moving between elevations of a trailer. Falls from any height are dangerous. When you are on an elevated work surface do not back up; always face the direction you want to go to avoid dangerous situations. Report unsafe conditions of equipment, at a terminal, or at a customer site.

● Falling from a vehicle (eighteen wheeler, garbage truck, forklift, dollies, aircraft)

● Poor step conditions, slick surface, clutter, driver awareness.

● **Employers** Provide access stairs or ladders to the cab and trailer. Provide training and reminders to employees not to jump out of their truck cab. Use the 3 point contact rule.

● **Employees** As a truck driver you repeatedly enter and exit your cab - don't jump out of your truck - this puts a great amount of stress and pressure on your joints. Use three points of contact when entering and exiting your truck. Don't stand on your wheel to service your truck. Use a ladder or stool. Clean up spilled fuel on cab steps. Watch for ice.

● Falling from freight (boxes, work or metal stock material, debris, cars).

● Poor walking surface, not meant to be a walking surface, wet walking surface.

● **Employers** Keep employees off the freight. If employees must work on top of the freight, provide foot holds. Provide ladders and training. Train employees how to safely work on elevated surfaces.

● **Employees** Don't jump off the freight. Watch out for straps and banding. Move carefully when walking on an uneven surface. Use tools that extend your reach to move straps and tarps on loads when possible.

SOLUTIONS

Falls on Same Level



- **Event**
- **Hazards**
- **Solutions**

52

1997-2005

● Falling on the work surface (ground outdoors, floor, street, loading dock).

● Poor outside ground conditions (not well maintained or bad weather), trip hazards, cluttered work area, poor inside floor conditions, poor footwear, fuel spills.

● **Employers** Keep the work area clean and well lit. Enforce good housekeeping rules. Provide the tools to keep the work area clean. Apply and maintain anti-slip coating on walking surfaces. Cleanup all oil and fuel spills. Keep the terminal yard free from large potholes. Communicate with customers when unsafe conditions are identified at their sites.

● **Employees** Wear proper footwear. Look before you step, the ground conditions can change rapidly. A path that was once clear can become cluttered, obstructed, or slippery. Report unsafe conditions of equipment, at a terminal, or at a customer site to your employer.

● Falling on a vehicle (trailer, truck cab, dolly)

● Treacherous transitions, narrow passages, no foot holds, straps, dollies.

● **Employers** Maintain your equipment. Train employees how to work around cargo. Design/ specify areas to keep open for employees to walk during loading operations. Provide training and reminders to employees on proper truck exiting.

● **Employees** Be careful when exiting your truck. Depending on the type of driving you may exit your truck 5 to 50 times a day. If you are not prepared, exiting a truck can prove to be very dangerous. Watch where you step. Many times a fall on same level injury is the result of avoiding a falling object. If cargo or boxes are stacked too high avoid walking around them. Don't assume a stack of cargo/packages is stable enough to grab or lean on. Report unsafe conditions of equipment to your employer.

● Falling on a container or wood item

● Poorly stacked material, gaps in pallet surface, loosely stacked items, bad weather, poor footwear.

● **Employers** Keep your employees off the top of cargo, freight, boxes, or garbage to avoid uneven surfaces. Find an alternative way to perform dangerous tasks.

● **Employees** Be careful when working on cargo pallets, boxes, and garbage. Uneven surfaces can cause trips and falls. If the weather is bad take extra caution when working outside securing a load. Wear proper footwear.