

TOOL BOX TALKS

Beverage Delivery Truck Safety

The beverage delivery person unloads various sizes and weights of beverage cases from the truck. Beverage drivers face several distinct hazards throughout their work day, including fatigue, slips and falls, and strains and sprains. Delivery trucks are generally tall, with deep and high cargo bays, which can lead to strains and sprains when lifting heavy cases. The bays are often seven feet high, 40 inches wide and 40 inches deep. Review these safety tips!

WORKSAFE TIPS

DELIVERY TRUCK INSPECTIONS

Delivery trucks must be inspected before and after each trip inspect the following:

- Headlights, turn signals, marker and reverse lights
- Clean windshield, glass and mirrors.
- Tires properly inflated with no damage to sidewalls or treads.
- Floorboard and dash of obstructions.
- Cab steps in good shape and clear of ice and snow.
- Truck body doors open and close without problems and securely latch.

DEFENSIVE DRIVING

- Slow down!
- Wear your safety belt!
- Maintain a safe following distance and never tailgate.
- Always scan the road ahead for problems.
- Minimize distractions: Turn off the cell phone, keep total concentration on the road.

USE THREE POINT CONTACT

- Place one hand on a grab handle, the other hand on the steering wheel, and one foot on a step.
- Place both feet on the steps and one hand on a grab handle or steering wheel.
- Never use the door frame or seat assembly as a grab handle.
- Never jump from the cab.
- Survey the ground before stepping down.

BEST PRACTICES

Because beverage delivery is physically demanding, consider stretching before beginning work.

Stretching loosens and warms up and prepares muscle tissue before work.

When reaching into the truck body to retrieve cases, consider using a long, hooked handle – reaching for heavy objects could lead to back or shoulder injury.

Keep truck body doors maintained and lubricated – reduce force needed to lift.

A door that is difficult to open or that hangs up could result in back or shoulder injury due to the force required to lift the door.

Think about the load as the day progresses – try to put empty kegs in compartments that are low to the ground – avoid stacking them in high compartments and avoid injury caused by lifting empty kegs overhead.

Use a hand truck to move cases or kegs as often as possible.

Use ramps, if provided, to move kegs or cases in and out of the low compartments.

Use ramps to allow easy crossing of curbs.

On long deliveries, take breaks often. Studies show that back injuries are more common in the afternoon hours.

Stay hydrated with water – avoid caffeine, sugar or energy drinks. Caffeine and sugar are diuretics – they force water from the system.



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