TOOL BOX TALKS

Delivery Truck Safety

Delivery trucks present numerous serious hazards for both operators and receivers of the shipped goods. Delivery trucks are heavy and have a blocked view to the rear. Delivery trucks back often. Employees drive many miles and can become fatigued. Loads can be very heavy, requiring safe lifting practices. Gather delivery truck operators and workers together and discuss the following safety tips!

WORKSAFE TIPS

DELIVERY TRUCK INSPECTIONS

Delivery trucks must be inspected before and after each trip.

Delivery truck inspections help the driver discover unsafe conditions before they become accidents.

Check the following:

- Headlights, reverse and running lights
- Tires - proper inflation, wear & damage
- Wipers and windshield washer fluid
- Glass and mirrors clean
- Seat belts function
- Floors and dash clear of obstructions
- Loads secured in the back, door secured

SAFE LIFTING PRACTICES

When manipulating loads hauled by delivery trucks, use safe lifting practices:

Take enough help to team lift objects.

Stretch for about 2 minutes before beginning the unloading process.

- Size up the load:
  - How much does it weigh?
  - Are there handles?
- Use tools – dollies and ramps
- Pre-plan the route – what is the easiest route to the final destination of the load?
- Survey the area for slip, trip hazards.
- Lift smoothly & without jerking motion.
- Set the load down smoothly.
- Take brakes often.
- Stay hydrated with water.

BEST PRACTICES

Never jump from the back of a delivery truck – knee injury could result.

Wear proper footwear – safety footwear that keeps traction on unloading ramps and tread plate floors.

Keep delivery truck doors lubricated and in proper condition – prevent shoulder injury.

Verify the truck can handle the capacity of a forklift before allowing a forklift to load the truck.

A delivery truck that is too light may tip back when a forklift enters the rear.

If the delivery truck has landing gear in the rear of the truck, lower them into place before allowing a forklift onto the truck.

Never be in the back of a delivery truck when a forklift is unloading the truck – struck by.

Always secure the load to prevent shifting.

DEFENSIVE DRIVING

Never drive fatigued. Switch drivers or pull over for a short nap.

Wear your safety belt.

Slow down – delivery trucks are heavy and take more distance to stop.

Never tailgate – delivery trucks are heavy and cannot stop quickly.

Eliminate distractions like cell phones, iPod use and excessive conversation – distracted driving mimics intoxicated driving behavior.

Tool Box Talk

Date of Discussion_____

Instructor_____

Attendees:

1._____

2._____

3._____

4._____

5._____

6._____

7._____

8._____

9._____

10._____

11._____

12._____

Follow-up Items

These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Employers Mutual Insurance Company assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.

WorkSAFE

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