TRUCK LOADING AND UNLOADING

Loading and unloading freight may require manual lifting, stretching, twisting, bending, and other actions that can lead to worker injuries. The use of forklifts, dollies, and other material handling devices can reduce the potential for injuries. Additionally, following proper procedures and getting adequate safety training can help minimize accidents. Overexertion injuries are another concern, particularly when drivers who have been traveling for an extended time and are expected to move freight. Hand injuries are also common. The following guidelines should be observed:
Truck Loading and Unloading
Risk Management

• Smoking should be prohibited inside trailers and only allowed in designated areas.
• Drug or alcohol consumption should be prohibited.
• Horseplay should be prohibited anywhere on dock areas or during truck loading and unloading.
• All employees should be reminded to contact supervisors immediately in the event of an accident.
• Gloves should be worn by cargo handling employees.
• Proper footwear, such as steel-toed or sturdy leather boots, should be worn.
• Workers should focus on the job at hand and eliminate distractions.
• Wearing earpieces (radio headphones, Bluetooth, etc.) should be prohibited.
• Cell phones should be turned off during loading and unloading operations.
• Only necessary people should be in the area of loading and unloading.
• Loaders and unloaders must be aware of others in proximity to them to avoid accidents.
• Safe lifting principles must be observed by all persons at all times.
• Equipment must never be thrown into or from trucks at any time.
• Special caution should be used when working around forklifts or on dock plates and ramps.
• Cargo, including its weight, should be evaluated before moving.
• Loaders and unloaders should look for broken banding or insufficient or old tape.
• The correct equipment for loading and unloading should be used. Manual lifting should be avoided whenever possible.
• Trailer doors should be opened one at a time, and no one should stand where they could be hit by falling cargo.
• No one should try to catch falling cargo.
• No one should jump off a trailer.

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