



# The Informed Worker



Volume 16, Issue 06

June 2016

[www.kasstaffing.com](http://www.kasstaffing.com)    [www.hrvision.ca](http://www.hrvision.ca)

## Loading Dock Hazards

### WHAT'S AT STAKE

If your workplace is like many others, there's a loading dock where goods and supplies are moved in and out of the plant. This busy place can be the scene of serious, even fatal injuries.

### WHAT'S THE DANGER

Collisions with trucks and other moving equipment, falls from elevated surfaces and crushing injuries from falling materials are some of the hazards.

### EXAMPLES

- A forklift moves materials out of a transport trailer backed up to a loading dock. The vibration and weight of the forklift cause the trailer to creep forward. Suddenly the forklift tumbles into the gap between the trailer and the dock leveler, striking the pavement below. The result is serious injury to the operator and damage to the forklift and cargo.
- A truck driver headed toward his cab jumps down from the loading dock rather than taking the stairs. He receives a disabling back injury.
- Another driver steps out of his cab and takes a shortcut across the terminal yard on his way to the phone. He is struck and killed by another truck maneuvering into place.

### HOW TO PROTECT YOURSELF

- Safety devices such as vehicle restraints, automatically recycling dock levelers and a system of lights and signals can help prevent these accidents.
- Observe yard speed limits and traffic directional signals.

- Do not climb up onto the dock from the driveway, or jump down from the dock. Instead, use the stairway or dock ladder, and stick to pedestrian traffic lanes.
- Become familiar with the dock design and system of signals.
- Do not use equipment unless you are trained and authorized to do so. Materials handling devices can include forklifts powered by batteries, gasoline or propane, as well as conveyors, powered lifting devices, electric pallet trucks and hand carts. Each device has its unique hazards and requires special techniques to operate safely.
- Be alert at all times in loading areas. Stay out of the way of moving equipment so you do not become trapped between a forklift and the dock, or crushed by a powered gate. Observe signs and warnings so you **can stay out** of the range of moving equipment including robotics and hydraulic lifting devices.

### FINAL WORD

Loading dock safety involves everyone — warehouse personnel and truck drivers. Start and end your run safely by exercising caution during loading and unloading!

*Don't Let This  
Happen  
To You*



# Avoid Slips, Trips and Falls

## WHAT'S AT STAKE

A fall at work can put you out of commission. Weeks in pain, months in a cast or years in a wheelchair can be the result of a simple slip, trip or fall.

## WHAT'S THE DANGER

Falls are among the leading causes of death in the workplace. Even a fall from the same level — instead of a fall from a height — can cause a fatal or crippling injury.

## EXAMPLE

One of the major causes of falls is tripping over an obstacle. The other major cause is slipping.

## HOW TO PROTECT YOURSELF

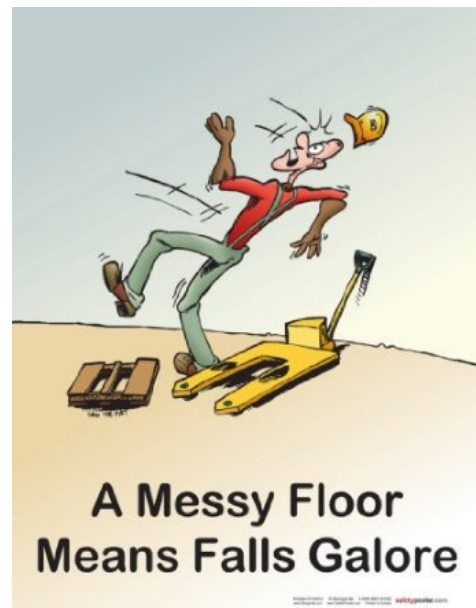
Here are some suggestions to prevent tripping and slipping accidents:

- Slow down. Many falls occur when a person walks too fast through the work area. Don't run.
- Watch where you are going. Don't assume a walkway is clear. Watch for clutter on the floor and for unexpected changes in the floor level, such as a step up.
- Wear well-fitting shoes with a low heel. Keep laces tied to prevent tripping.
- It's possible to trip over your own clothing. Baggy or flared pants are sometimes to blame.
- Maintain adequate lighting in the areas where you walk. Hallways, stairways, warehouse aisles and other traffic areas should be bright enough to see where you are going.
- Keep your hands free when you walk, to help you catch your balance if you start to fall. Don't walk with your hands in your pockets.
- Do not leave equipment, tools or materials on the floor.
- Don't obstruct traffic aisles with materials or equipment.
- Do not allow cords, cables or hoses to cross walkways.
- Always close drawers, even if they are in an area where you wouldn't expect someone to trip over them.

- Don't leave items on stairs, even for just a moment.
- Watch for hazards such as loose floor tile, loose carpeting and broken stair surfaces. Report these defects immediately so they can be repaired.
- If you are carrying something, make sure you can see over it or around it.
- Stay alert. Your chances for a tripping accident — or any accident — are greater if you are tired or distracted.

## FINAL WORD

Falls are a leading cause of workplace injury and death. They also cause a great deal of suffering. Take fall hazards seriously, and don't let them trip you up.



Slips, trips and falls are a major cause of workplace injuries. Unsafe conditions and behaviors, along with a lack of safety awareness, can lead to these types of accidents.



**SLIPS, TRIPS & FALLS:**  
**15%** of all accidents\*

**SLIPS, TRIPS & FALLS**  
on the same level are the  
**2<sup>nd</sup> LEADING CAUSE OF INJURY\*\***

**25,000**  
SLIP, TRIP & FALL  
**ACCIDENTS** occur **DAILY**  
in the US\*

\* National Safety Council \*\* Bureau of Labor Statistics

## KAS Offices Near You

<b>Belleville 613-969-1010</b>	<b>Burlington 905-632-8152</b>	<b>Concord 905-669-4129</b>
<b>Cambridge 519-622-7788</b>	<b>Hamilton 905-545-4656</b>	<b>Mississauga 905-677-3307</b>
<b>Ottawa 613-225-3330</b>	<b>Pickering 905-839-8998</b>	<b>Woodstock 519-788-2683</b>