



# The Informed Worker



Volume 17, Issue 03

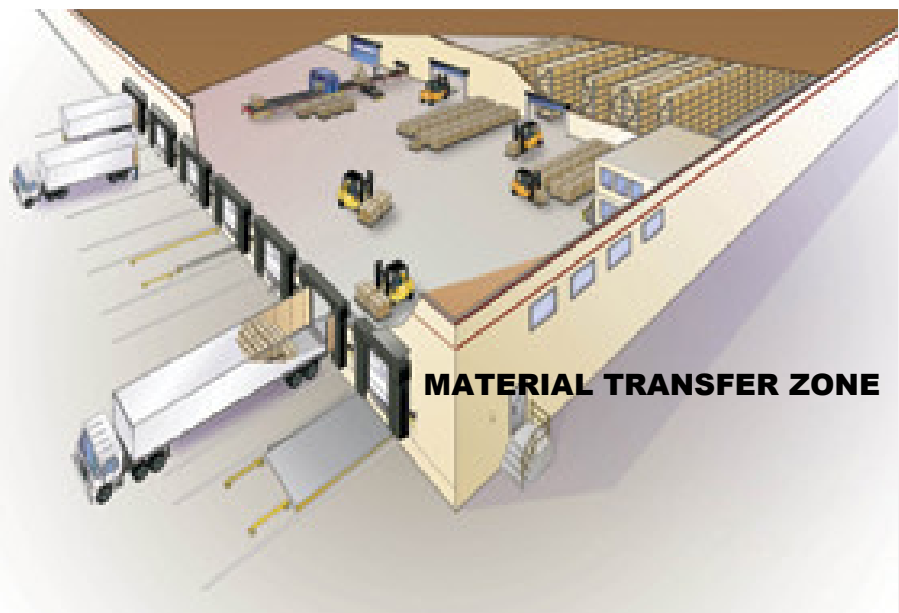
March 2017

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## LOADING DOCK SAFETY

**High % of accidents take place at the Material Transfer Zone**

- **Every 3 days someone is killed in a forklift related accident •**
- **An additional 94,750 forklift related injuries are reported each year. •**
- **\$135,000,000 in immediate costs are incurred due to forklift accidents •**
- **7% of forklift accidents occur when a lift truck is driven off a loading dock •**
- **70% of all reported accidents could have been avoided with proper safety precautions**
- **\*nist.gov, "Performance Metrics for Intelligence Systems Workshop" 2009**



- **Ensure barriers, warning signs or other safeguards are used in work areas with vehicle and material handling equipment**
- **Ensure all equipment in the loading and unloading areas is operated and maintained as per manufactures instructions**
- **Ensure indoor and outdoor dock areas are included in monthly workplace inspections**

# LOADING DOCK SAFETY

## 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

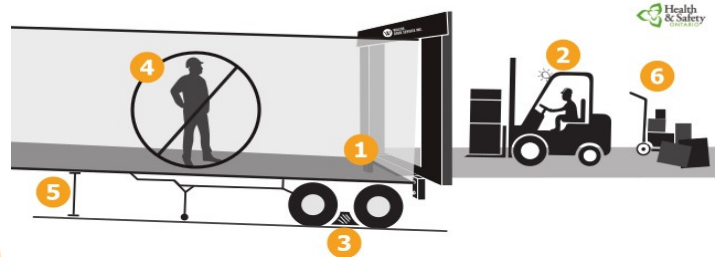
Collisions with trucks and other moving equipment, falls from elevated surfaces and crushing injuries from falling materials are some of the hazards.

## EXAMPLE

- 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.
- unique hazards and requires special techniques to operate safely.

## 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.



1. Dock plates are to have appropriate capacity, stability and proper placement in order to reduce slips and falls.
2. Adequate lighting in loading dock area and trailer to prevent slips and collisions.
3. Equipment (ex.Chock) should be used to anchor the trailer from moving.
4. No one is to be in the trailer as a fork lift enters/exits during loading/unloading. Trailer loads can shift, potentially able to pin a worker.
5. Use a jack stand with a short trailer to help prevent a teeter-totter effect. Also adjust trailer wheels whenever possible for better balance.
6. Reduce dock area congestion.

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