

Better Business Starts with Safety. Safety Starts at BWC.



Injury Prevention for the Transportation and Warehouse Industry

Workers in the transportation and warehousing industry encounter a variety of hazards, some of which are potentially fatal. This fact sheet:

- Increases awareness of the primary injury/illness hazards in the transportation and warehousing industry;
- Offers recommended hazard control measures;
- Provides a partial list of the vast resources available from BWC.

Industry specific injury/illness facts

- Each year, approximately 3,500 employees in the transportation and warehousing industry sustain occupational injuries or illnesses that result in workers' compensation claims.
- On average, 11 Ohioans in the transportation and warehousing industry lose their lives each year due to occupational injuries or illnesses.
- Approximately 30 percent of workers' compensation claims result in losing eight days or more from work and cost an average of \$36,000.
- Slips, trips and falls and overexertion are the primary causes in approximately 60 percent of all injuries that result in eight or more days away from work.

The transportation and warehousing industry includes establishments engaged in the transportation of passengers and cargo; warehousing and storage for goods; scenic and sightseeing transportation; and support activities related to modes of transportation such as air, rail, water, road, and pipeline.

BWC has a variety of safety and health services that can assist you with addressing hazardous conditions in your workplace. These include On-site Consultation, Safety Intervention Grants, Training and Video Library Services.



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Below is one of the primary hazards and/or causes of injuries in the Transportation and Warehouse Industry. We recommend the following control measures and BWC resources to help prevent this type of accident from happening in your business. For more information connect with a BWC safety consultant at 1-866-569-7805 or via email at besafe@ohiobwc.com.

Primary hazard/cause:

Slips, trips and falls

Recommended control measures	BWC resources for assistance
<ul style="list-style-type: none">• Assess facilities and grounds for potential slip, trip and fall hazards.• Repair and maintain floor surfaces, parking lots and walkways.• Minimize or clearly mark elevation changes and other slip, trip and fall hazards.• Provide adequate lighting in all areas.• Insist on good housekeeping and use of appropriate footwear.• Provide fall protection (e.g. guardrails, personal fall arrest systems) when employees are required to perform work from elevations.• Develop policies and procedures and train employees in fall protection requirements.	<p>Safety consulting services e.g. Slip, trip and fall hazard assessment</p> <p>Training courses</p> <ul style="list-style-type: none">• Preventing Slips, Trips and Falls Online• Ladder/Stairway Safety Online <p>Videos</p> <ul style="list-style-type: none">• Fall Factors: Understanding & Preventing Slips, Trips And Falls #420430• Surviving The Fall: The Proper Use Of Your Personal Fall Arrest System #420035• Slips/Trips/Falls: Stranger than Fiction #420025• Winter Walking: Staying On Your Feet #490138• Ladder Safety (numerous titles)• Fall Protection: Elevated Platforms #420372 <p>Safety talks</p> <ul style="list-style-type: none">• Walking and Working Surface Safety• Three-point Technique• Portable Ladder Safety• Parking Lot Safety

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Primary hazard/cause:

Overexertion due to manual material handling and cumulative trauma

Recommended control measures	BWC resources for assistance
<ul style="list-style-type: none">• Assess manual material handling tasks to determine risks and solutions.• Provide and use mechanical lifting assists for heavy objects and loads.• Provide well-designed racks and adequate space in storage and handling areas.• Simplify operations to reduce unnecessary handling.• Purchase and package items in easily manageable quantities.• Install lift gates or truck-mounted hoists to assist with loading and unloading tasks.• Provide automatic tarping systems on trailers.• Secure assistance from customer for unloading heavy items.• Provide well-designed carts, dollies, ramps and other assistive devices for unloading.	<p>Ergonomics consulting services e.g. Manual material handling assessment</p> <p>Safety intervention grant program e.g. Material handling equipment, tarping systems, tailgate lifts, truck-mounted hoists</p> <p>Training courses</p> <ul style="list-style-type: none">• A Five-Step Process for Preventing Work-Related Musculoskeletal Disorders (WMSDs) in your Workplace Online• Ergonomics: Basic Principles• Ergonomics: Developing an Effective Process <p>Videos</p> <ul style="list-style-type: none">• Ergonomics Awareness #440003• Move It Safely: Avoiding Injury While Moving Materials #440086• Safe Manual Handling #440081• Flatbed Safety #450010• Safe loading and Unloading of Delivery Vehicles #450004• Injury Prevention for Drivers #450099 <p>Safety talks</p> <ul style="list-style-type: none">• Back Injuries• Mechanical Lifting Devices <p>Educational guides</p> <ul style="list-style-type: none">• What is Ergonomics?• What is Manual Materials Handling?

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Primary hazard/cause:

Cuts, lacerations and sharp object penetrations

Recommended control measures

- Analyze the job and work environment for potential laceration hazards.
- Minimize sharp edges on parts, containers, machinery and materials.
- Provide knives and cutters with self-retracting blades.
- Store knives and sharp objects to protect them from accidental contact.
- Ensure the use of appropriate, well-fitting gloves and protective clothing.

BWC resources for assistance

Safety consulting services

e.g. Safety hazard assessment

Training courses

- Preventing Cuts and Lacerations Online

Videos

- Safety Cutting Tools: Using Cutters Safely #420058
- Knife Safety in the Workplace #420421
- PPE: Your Defensive Line #420387

Safety talks

- Utility Knife
- Preventing Cuts and Lacerations

Educational guides:

- What is Personal Protective Equipment?

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Primary hazard/cause:

Getting struck by forklifts/equipment and falling objects

Recommended control measures	BWC resources for assistance
<ul style="list-style-type: none">• Ensure forklifts are properly maintained and employees are appropriately trained.• Avoid using mechanically powered vehicles in proximity to workers.• Install mirrors at blind intersections.• Clearly mark vehicle routes and pedestrian walkways.• Use visual and auditory signals to warn of hazardous equipment movement.• Provide secure storage of materials and equipment to prevent sliding and collapse.• Barricade any location where objects could fall or strike workers.• Establish and enforce lockout/tagout procedures for all equipment.• Slot the most difficult to handle items in the most easily accessible locations.• Provide well-designed rack systems and loading arrangements.	<p>Safety consulting services e.g. Safety hazard assessment, machine guarding assessment, forklift safety program review</p> <p>Training courses</p> <ul style="list-style-type: none">• Powered Industrial Trucks: Developing a Training Program• Lockout/Tagout and Safety-Related Work Practices• Machine Guarding Basics <p>Videos</p> <ul style="list-style-type: none">• Handle With Care: Forklift Safety Training #420390• Forklift Safety Lessons For The Safe Pedestrian #421004• Forklift Safety Lessons For The Safe Operator #420913• Unit Handling Conveyor Safety Video #420442• Manual Material Handling Safety #430004• Golf Cart & LSV Safety: On and Off the Course #490006• Reach Truck Safety #420022• Backing Safety Fundamentals #450008• Operating Electric Pallet Jacks Safely #420447• Pedestrian Safety in Industry #420356 <p>Safety talks</p> <ul style="list-style-type: none">• Loading Dock Safety• Safe Forklift Operation <p>Educational guides</p> <ul style="list-style-type: none">• What are Powered Industrial Trucks?• What is Lockout/Tagout?

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Primary hazard/cause:

Motor vehicle accidents

Recommended control measures

- Purchase safe, well-designed vehicles.
- Ensure vehicles are regularly inspected and properly maintained.
- Provide vehicle specific safety training.
- Require training on defensive driving.
- Develop and enforce safe driving policies.

BWC resources for assistance

Safety consulting services

e.g. Fleet safety hazard assessment

Training courses

- Powered Industrial Trucks: Developing a Training Program

Videos

- Backing, Parking and Intersections #450072
- Backing Safety Fundamentals: Reducing Backing Incidents in Your Fleet #450008
- Driving Safety (numerous titles)
- Defensive Driving (numerous titles)
- Cargo Securement: Flatbeds #450105
- Pre-trip Inspection: A Circle of Safety #450003

Safety talks

- Defensive Driving Strategies
- Distracted Driving
- Motor Vehicle Safety
- Road Rage
- Three-Point Technique

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