



TRUCK DRIVER INJURIES INVOLVING SLIPS, TRIPS AND FALLS

Some areas of the country are beginning to experience extremely hot weather again and with that come the usual reports of drivers arriving at BP locations wearing sandals. This is neither a safe driving practice, nor are sandals allowed attire on BP properties.

Understandably a truck driver wants to be comfortable while they are driving. However, there have been many cases of a driver losing control of their vehicle, causing an accident, as a result of a sandal getting tangled or stuck in the foot pedals. Driving barefoot or with sandals is never recognized as a safe driving practice.

Every truck driver knows the dangers they will face on the roadways every day. In fact, according to the Bureau of Labor Statistics (BLS), heavy and tractor-trailer truck drivers recorded 745 fatal injuries in 2015, the most of any occupation.

But did you know that heavy and tractor-trailer drivers also have the highest number of nonfatal injuries and illnesses that require days off of work across all occupations? And most of the nonfatal injuries and illnesses were not related to transportation. 35 percent were categorized as overexertion and bodily reaction while 30 percent of nonfatal injuries of tractor-trailer drivers involved slips, trips and falls.

BLS data also shows that truck drivers that do get hurt on the job take longer to recover compared with all other occupations. Half of all truck drivers required at least 20 days away from work after an incident before returning, compared with all other occupations, in which half of all workers returned to work within nine days. Among tractor-trailer truck drivers who had to take days off work due to being injured, 42 percent missed more than a month of work. The risk of a nonfatal injury to a truck driver that is not transportation-related can be greatly reduced by following some simple techniques and wearing proper footwear.

You can find many sites that offer long lists of avoidance tips for slips, trips and falls. Proper footwear is typically listed as one of the most important ways to prevent a slip, trip and fall incident.

The following are some tips to avoid a slip, trip and fall incident.

- Always wear proper footwear – drivers should have non-slip soles and shoes that provide good foot and ankle support
- Use the three-points-of-contact system when entering and exiting the cab or trailer
- Use a firm grip on handles and rails
- NEVER jump from the cab or trailer when exiting
- Watch for obstacles and conditions on the ground such as ice, snow, mud, oil, grease, etc.

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As a reminder – BP Lubricants requires proper attire for drivers on their properties, their third-party facilities and at their customer sites. At a minimum, proper attire means drivers must wear long pants, sleeved shirts and no open-toe shoes. Be advised that some of our sites have more stringent requirements for personal protective equipment, which may include a safety vest, safety glasses, hard hat and steel-toe shoes.

Our goals are simply stated – no accidents, no harm to people and no damage to the environment