

# ***Health and Safety***

# Unit overview

- Mental and physical demands of the job
- Understanding workplace hazards
- Maintaining health and wellness
- Your rights and obligations for a safe and healthy workplace

# Health and wellness challenges

A recent survey of 3,500 human resources, recruiting, security, and management professionals found that “health issues” is a major reason truck drivers leave the industry.

(source: Canadian Trucking Alliance)

# Causes of workers compensation claims

## Top 10 causes of incidents for drivers in general trucking by number of claims (2012-2016)

Rank	Cause	Claims
1	Overexertion	1153
2	Motor vehicle incident	972
3	Fall from elevation	862
4	Slips & trips (fall on same level)	562
5	Struck by	411
6	Other bodily motion	134
7	Struck against	127
8	Involuntary motion	110
9	Caught in	109
10	Exposure to noise	47

# Physical aspects of the job

- Pushing and pulling – up/down and two handed
- Lifting and lowering - up to 24 kg (53 lb.)
- Carrying - up to 24 kg (53 lb.) for 1.5 – 6 metres (5 - 20 ft.)
- Walking, climbing, crouching, neck movements, reaching, elbow and wrist movements

# Stress



# Healthy eating and healthy living



To avoid the temptation of an oversized fast food meal, drivers should stock their cab's refrigerator with healthy snacks.

# Tips for healthier eating

- Eating every three hours helps to maintain stable blood sugar levels.
- Keep a water bottle in the cab, and stock Perrier or soda water for something bubbly.
- Cover half your plate with vegetables if you stop at a truck stop food bar.
- Eat breakfast everyday.
- Snack on healthy foods.
- Eat more salad and leafy greens.
- Drink lots of water.
- Avoid pop and energy drinks.
- Don't drink more than two cups of coffee each day



# Keeping fit

What exercises could you do in and around your truck?

# Truck exercises – the Heathy Trucker

<https://youtu.be/mKMC63ys09w>

# Falls

## WorkSafeBC video – Arvind’s story

Meet Arvind: Part-time farmer, long-haul truck driver, hockey dad. Watch what happens when his life takes a bad turn after he falls while exiting the cab of his truck. (3:24)

[Arvind's Story: Long-Haul Truck Driver Safety](#)

[https://www.youtube.com/watch?v=1zP1qi8-N\\_o](https://www.youtube.com/watch?v=1zP1qi8-N_o)

# Three points of contact

YouTube video - Three points of contact: Be safe (1:26)

<https://www.youtube.com/watch?v=bp9TAZhU0FY>

# Ergonomics for truckers

Now, let's watch a video from WorkSafeBC identifying things truck drivers can do before they start work to reduce the risk for back injury.  
(2:43)

[Ergonomics for Truckers](#)

# Hazardous substances



Class 1  
Explosives



Class 2.1  
Flammable gas



Class 2.2  
Compressed gas



Class 2.3  
Toxic gas



Class 3  
Flammable liquids



Class 4.1  
Flammable solids



Class 4.2  
Spontaneous  
combustion



Class 4.3  
Dangerous when wet



Class 5  
5.1 Oxidizing substances  
5.2 Organic peroxides



Class 6.1  
Toxic substances



Class 6.2  
Infectious substances



Class 7  
Radioactive



Class 8  
Corrosive



Class 9  
Miscellaneous products,  
substances or organisms



Mixed load

# Driver protection devices and equipment

Meet Donna: Mom, delivery truck driver, amateur tennis player. Watch what happens when her life takes a bad turn after she's struck by a pry bar while securing a load.

[Donna's Story: Delivery Truck Driver Safety](https://www.youtube.com/watch?v=WTGsueqPP3s) (3:22)

<https://www.youtube.com/watch?v=WTGsueqPP3s>

# Your rights

- The right to know about hazards in the workplace.
- The right to participate in health and safety activities in the workplace.
- The right to refuse unsafe work.\*

\*By law, employers are prohibited from penalizing workers for raising a health and safety issue. You can learn more about the actions workers can take if they feel this has occurred at [WorkSafeBC.com](http://WorkSafeBC.com).



# Your responsibilities

- Report hazards immediately to your supervisor or employer.
- Follow safe work procedures and act safely in the workplace at all times.
- Properly use the protective clothing, devices, and equipment provided.
- Co-operate with joint occupational health and safety committees, worker health and safety representatives, WorkSafeBC prevention officers, and anybody with health and safety duties.

# Your responsibilities continued

- Get treatment quickly should an injury happen on the job and tell the health care provider that the injury is work-related.
- Follow the treatment advice of health care providers.
- Return to work safely after an injury by modifying your duties and not immediately starting with your full, regular responsibilities.
- Never work under the influence of alcohol, drugs or any other substance, or if you're overly tired.

## Workplace conflict and violence

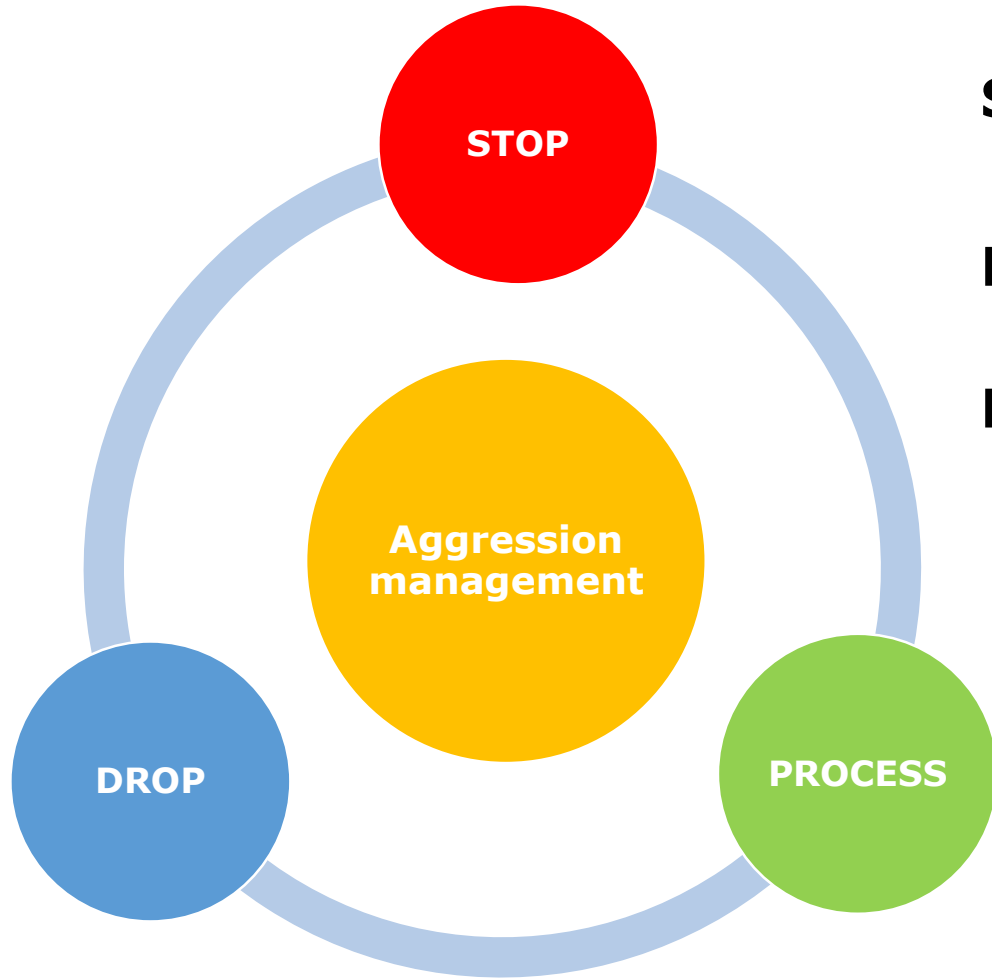
- More than 60,000 workers per day are harassed or are the victims of workplace violence.
- On a daily basis 43,800 employees are harassed; 16,400 threatened, and 723 workers are attacked.

# Road rage

## Small group discussion

- Part 1 - Has anyone been a victim of road rage? In groups briefly share your story. What did you do? How did it make you feel?
- Part 2 - In your group read and discuss the information on road rage in your student guide.

# Aggression management



**STOP** – Stop and think before you act.

**DROP** – Reduce the intensity of your emotions.

**PROCESS** – Think about it.