

Trucking safety awareness checklist

BEFORE YOU HIT THE ROAD



- Review Oregon Trip Check for road conditions and closures (www.tripcheck.com)
- Get plenty of rest the night before (saif.com/sleep)
- Plan your trip (tools, emergency kits, rest stops, physical activity, and weather)
- Pack healthy snacks to avoid unhealthy impulses (saif.com/nutrition)
- Stock water to prevent dehydration (saif.com/hydration)
- Complete a pre-trip inspection

ON THE ROAD



- Wear a seatbelt
- Signal appropriately
- Be aware of the signs of fatigue
- Maintain appropriate load weight
- Pay attention to traffic flow, speed, and jams
- Obey the speed limit
- Avoid using a cell phone or other electronics
- Be aware of blind spots
- Maintain 4-5 second following distance

LOADING/UNLOADING



- Park in a safe location (level ground for stability; well-lit to avoid crime)
- Exit the vehicle following “3 is key” rule; using three points of contact at all times (saif.com/S1029)
- Watch your foot and hand placement when climbing the load
- Check trailer deck for debris and wet or slippery surfaces
- Be aware of where straps and bungees are laying to prevent tripping
- Avoid rushing
- Use a fall protection system if applicable
- Follow your company/vendor PPE guidelines while loading/unloading (high visibility vest, sturdy footwear, safety glasses, gloves, hardhat)
- Stay in the cab or in view while forklifts are loading freight/product
- Set parking brake when stopped/chock tires
- Use proper body mechanics using leverage zones (saif.com/S1060)

More info

Visit saif.com/truckingsafety for more checklists and resources.