



ALLIANCE INTERSTATE RISK



HAZARD RECOGNITION

WHY?

FMCSA

- Moving violations:
 - Speeding
 - Following too closely
 - Reckless driving
 - Failure to yield
 - Failure to obey a traffic control device
- Failing to use seat belt
- Using a hand-held mobile telephone while operating a CMV
- Driving a commercial motor vehicle while texting
- Driver on duty and in possession of a narcotic drug / amphetamine



What does OSHA have to do with Trucking?

OSHA regulations govern the safety and health of the workers and the responsibilities of employers to ensure their safety at the:

- ❖ Warehouse
- ❖ Shop
- ❖ Dock
- ❖ Construction site
- ❖ Office
- ❖ Or any other place truckers go to deliver and pick up loads



While OSHA does not regulate self-employed truckers, it does regulate workplaces to which the truckers deliver goods and the workers which receive those goods.

Events or Exposures Leading to Trucker Injury



Entering/Exiting Cab

Slip/Trip/Fall

Wheel Chocks

Forklifts

Lifting – Strains/Sprains

Manual release 5th Wheel Pins

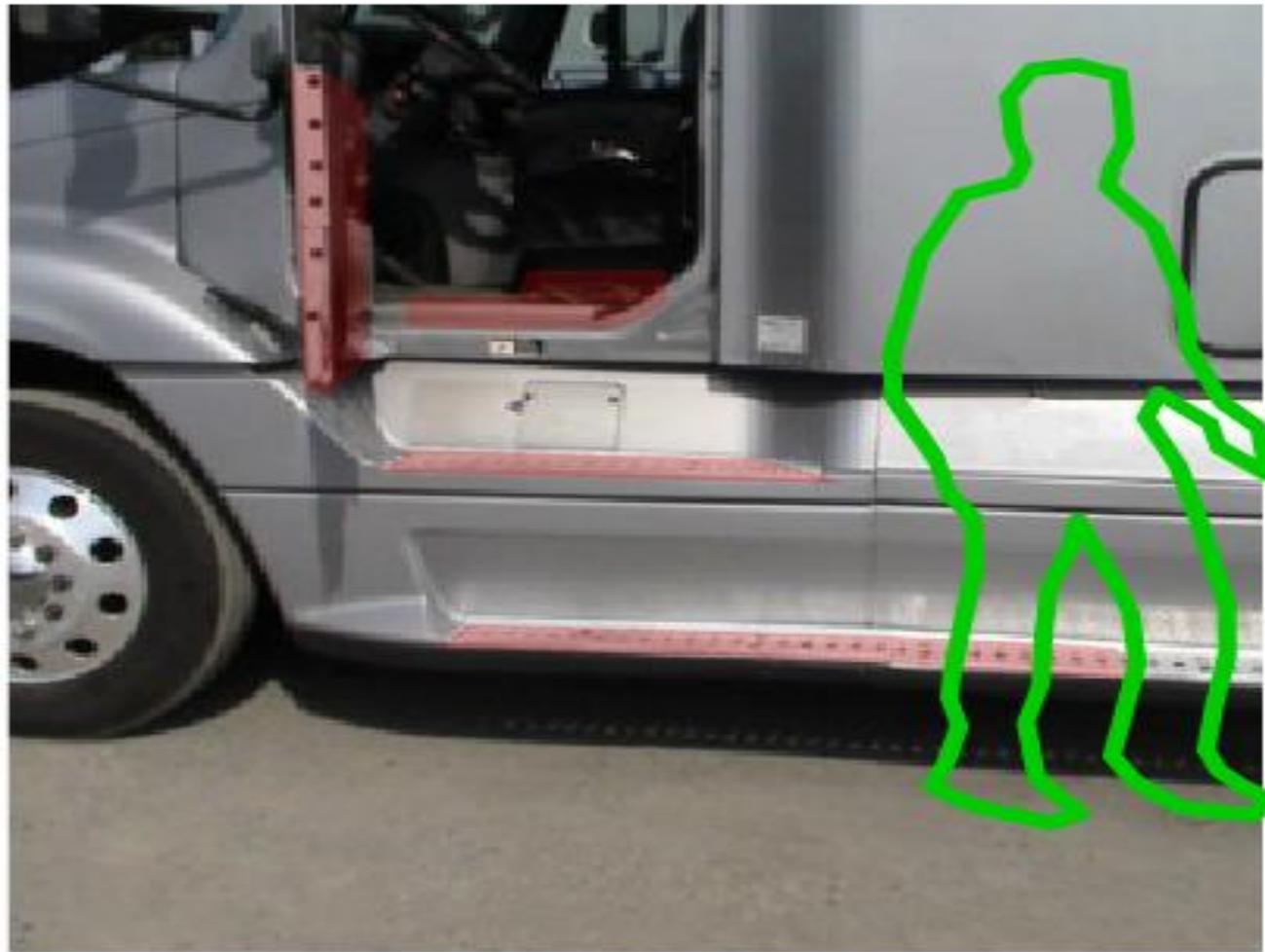
Determine Your Impact Force

Equipment: Conventional Cat Dry Van Trailer

Your body weight: lbs

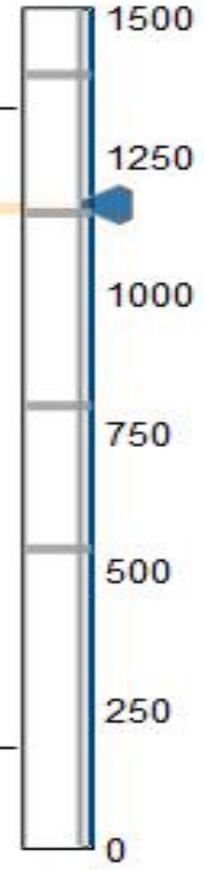
How to use: [Hide](#)

Move the slider thumb up or down to see the details



Your impact force is 1339 lbs.
Bad choice: Jumping from the cab produces the highest impact force, overstressing the ankles, knees, hips, and back.

Your Body Weight



[Facts about fall injuries](#)
[Get more information](#)

[Read a true story](#)
[Disclaimer](#)

Press F5 to see the applet

WHY WORRY?

OSHA

■ Top 10

1. **Fall Protection**, construction (29 CFR 1926.501)
2. **Hazard Communication**, general industry (29 CFR 1910.1200)
3. **Ladders**, construction (29 CFR 1926.1053)
4. **Respiratory Protection**, general industry (29 CFR 1910.134)
5. **Control of Hazardous Energy** (lockout/tagout), general industry (29 CFR 1910.147)
6. **Powered Industrial Trucks**, general industry (29 CFR 1910.178)
7. **Fall Protection Training**, construction (29 CFR 1926.503)
8. **Scaffolding**, construction (29 CFR 1926.451)
9. **Eye and Face Protection**, construction (29 CFR 1926.102)
10. **Machine Guarding**, general industry (29 CFR 1910.212)



WHY WORRY?

OSHA

■ History of Fines for Serious Violations

1. \$7,000 - 1990

2. \$12,471 - 2016

3. \$13,260 - 2019

4. \$15,625 - 2023

5. \$16,131 - 2024

6. \$16,550 - 2025





HOW?



Mitigation Strategies

- ❑ Invest in enhanced training programs
- ❑ **Conduct regular audits and inspections**
- ❑ Maintain accurate documentation
- ❑ **Develop/Implement/Enforce Policies and Procedures**



ALLIANCE INTERSTATE RISK

GARAGE/SHOP SAFETY CHECKLIST

Date inspection conducted: _____ Location: _____

Name(s) of those participating in this inspection: _____

INDICATE EITHER: A = Acceptable/Yes; U = Unacceptable/No; N/A = Not Applicable

PERSONAL PROTECTIVE EQUIPMENT		EMERGENCY/OSHA RELATED ITEMS	
Safety glasses and/or goggles available + used?		Emergency phone #'s and evacuation map posted?	
Protective eyewear use specified in writing?		Emergency eyewash and/or shower units accessible?	
Noise protection provided for loud work?		First aid kit + BBP kit available at work site?	
Hand protection used/worn as required?		First aid trained competent person available?	
Foot protection worn as required?		Fire extinguishers readily available (not blocked)?	
Welding helmet, gloves, apron, and curtain available?		Fire extinguishers inspected monthly/yearly as needed?	
Respirator or proper ventilation available?		DOSH poster mounted in prominent location?	
Supplies on hand for incidental chemical spills?		Safety bulletin board contains up to date information?	

ELECTRICAL SAFETY ISSUES		ELECTRICAL SAFETY ISSUES	
GFCI's used for all portable electrical hand tools?		Light bulbs for illumination protected from breakage?	
Extension cords rated for hard or extra hard usage? 3 wire marked = S, ST, SO, STO, SJ, SJO, SJT + SJTO		Grounding and or bonding integrity maintained for chemical dispensing?	
Certified or listed equipment used per manufacturer?		Electrical cords inspected & have all prongs in tact?	
Electrical panels labeled appropriately?		Strain relief in tact for all flexible cords & plug fittings?	
Electrical panel knockouts in place?		Pressure washer grounded per NEC requirements?	
Electrical panel access requirements maintained?		Double insulated or grounded electric power tools used?	

GENERAL SHOP SAFETY & HEALTH ISSUES		HAZARD COMMUNICATION	
General housekeeping is neat and orderly?		MSDS openly available to all employees?	
Lockout/Tagout used for appropriate tasks?		MSDS inventory contains all items in the garage/shop?	
Do all areas have adequate illumination?		All hazardous containers labeled appropriately?	
New employees trained on safety procedures?		Flammable liquids are in FM/UL metal safety cans?	
Job safety analysis or safe work procedures in writing?		Flammable liquids storage containers labeled properly?	
At a minimum, monthly safety inspections done?		Only rags placed in covered metal containers?	
Near-miss/close call reporting system is in place?		Hazardous liquids stored below eye level?	

Copy the completed inspection sheet to: _____

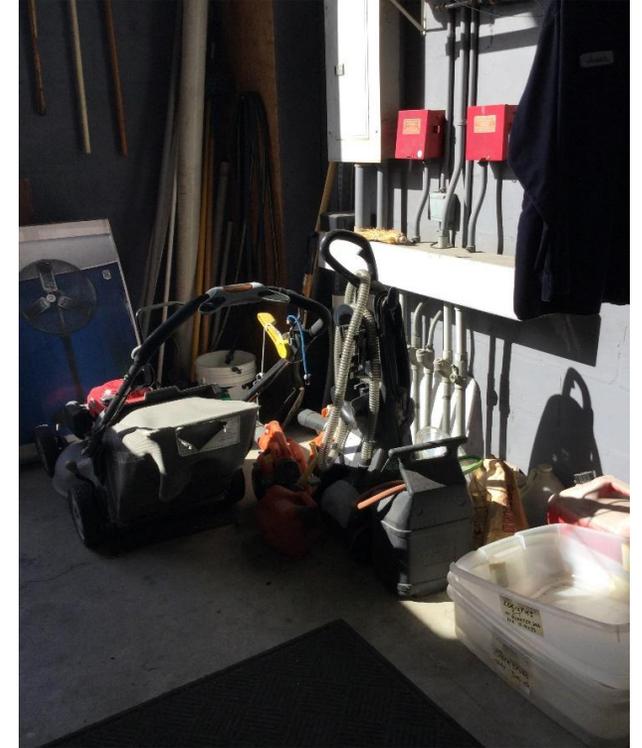
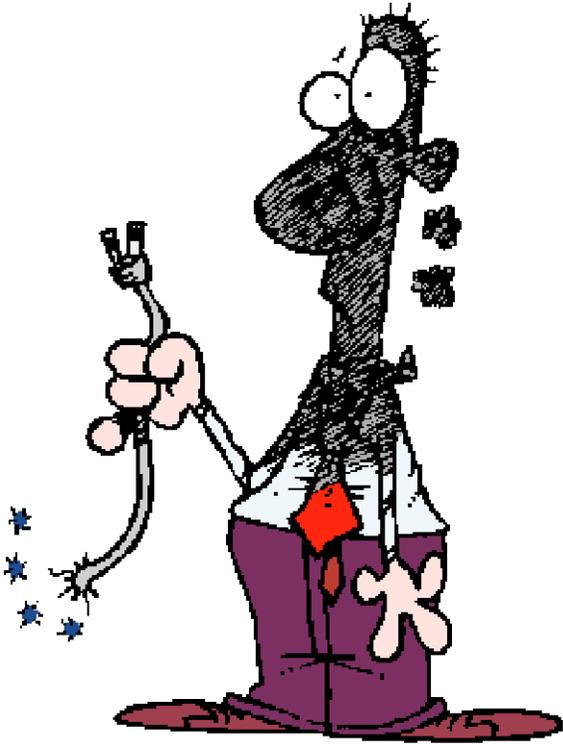
If marked "U" for unacceptable or no; list the appropriate corrective action on the reverse side

Checklist courtesy of HP Hood LLC, through American Society of Safety Engineers, Transportation Practice Specialty.
www.asse.org/practice specialties/transportation/

PEOPLE DON'T DO
WHAT YOU EXPECT -----

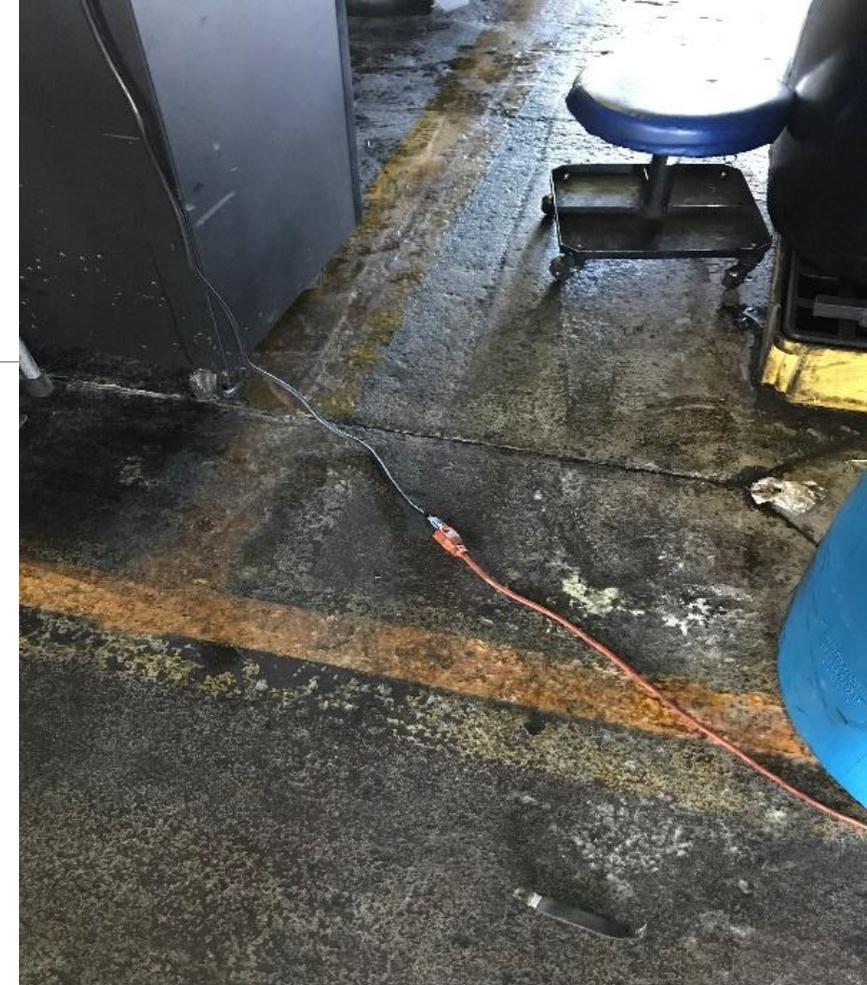
THEY DO WHAT YOU
INSPECT!





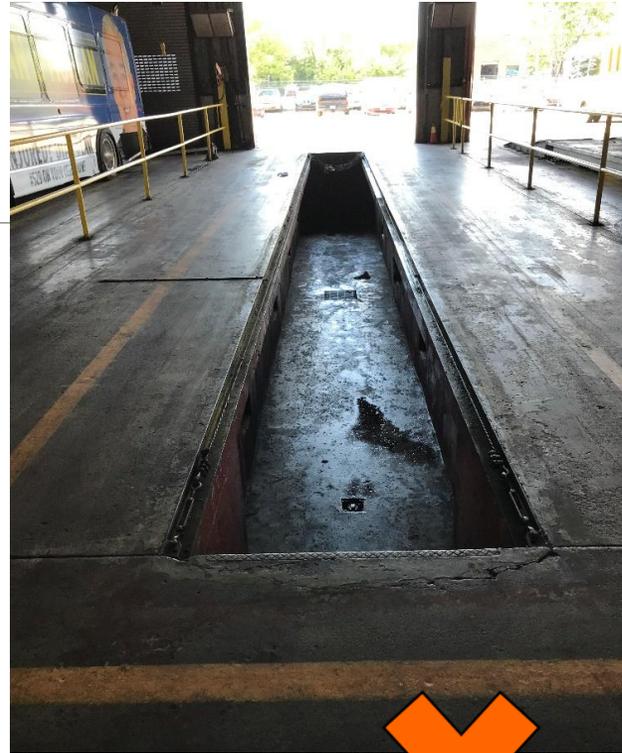
Electrical Safety

POWER PANELS, CONTROLS, RECEPTACLES & WIRING COVERED. NO MISSING, LOOSE OR BROKEN PARTS.



Electrical Safety

NO EXTENSION CORDS THROUGH WALLS, DOORS, CEILING, WINDOWS, UNDER MATS OR RUGS, OR ACROSS WALKWAYS.



Trip-Slip-Fall

FALL PROTECTION



Trip-Slip-Fall Hazards

Mezzanine/Balconies



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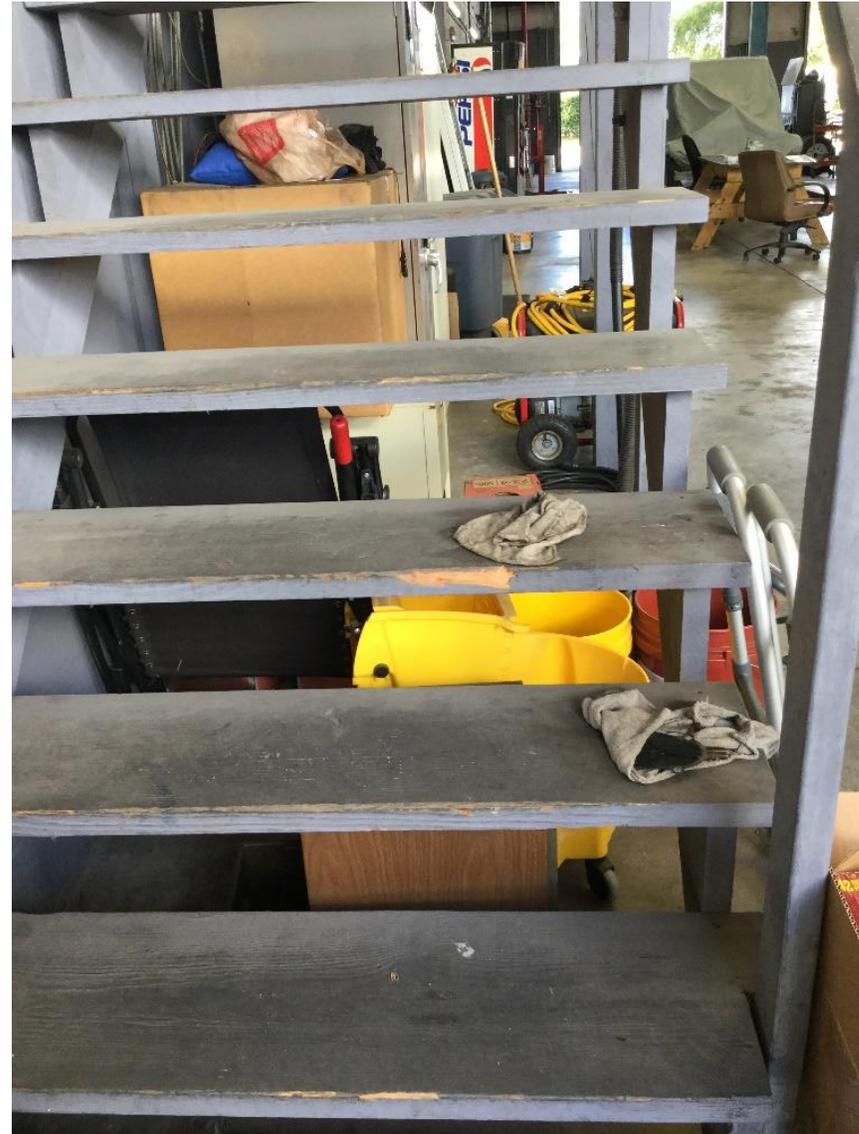


Trip-Slip-Fall



Trip-Slip-Fall

STAIRS – FREE FROM OBSTRUCTIONS





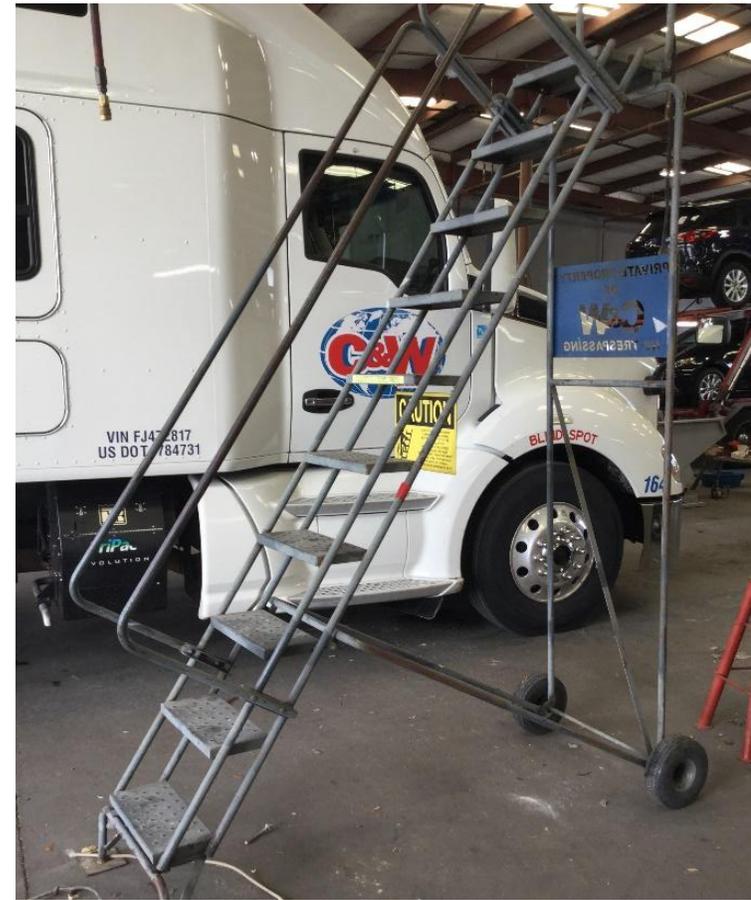
Trip-Slip-Fall

ITEMS ON FLOOR -
HOUSEKEEPING



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Trip-Slip-Fall Hazards

LADDER SAFETY



Eye Wash Station

EMERGENCY EYE WASH STATIONS CAPPED, FUNCTIONAL, ACCESSIBLE



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Personal Protective Equipment

- Proper Footwear
- Gloves
- Safety Glasses
- Long sleeves / Long pants
- Reflective Clothing
- Head protection
- Face Shield
- Job specific PPE



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Personal Protective Equipment

There is a time
a place for
creativity...



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Safe Workplace

WHEEL CHOCKS



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Machine Safeguarding

BALERS - SAFETY INTERLOCKS (GATE) PROPERLY OPERATING.



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Machine Safeguarding

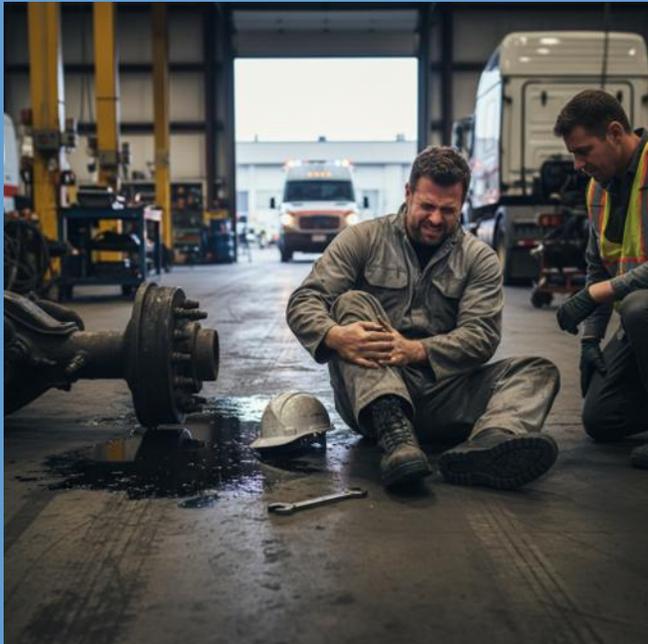
BENCH GRINDERS

Unstable Palletized Storage





HOW?



Mitigation Strategies

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Good Start for Programs, Policies and Procedures

Sources to reach out for help:

OSHA – Occupational Safety and Health Administration

FMCSA - Federal Motor Carrier Safety Administration

DOT – Department of Transportation

Trade Associations

Insurance Carriers



Compliance Assistance Quick Start

- **Step 1:** [OSHA Requirements That Apply to Most General Industry Employers](#)
- **Step 2:** [OSHA Requirements That May Apply to Your Workplace](#)
- **Step 3:** [Survey Your Workplace for Additional Hazards](#)
- **Step 4:** [Develop a Comprehensive Jobsite Safety and Health Program](#)
- **Step 5:** [Train Your Employees](#)
- **Step 6:** [Recordkeeping, Reporting and Posting](#)
- **Step 7:** [Find Additional Compliance Assistance Information](#)

Source: osha.gov/complianceassistance/quicstarts/general-industry



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OSHA Recordkeeping

Form 300: The Log of Work-Related Injuries and Illnesses

Form 300A: The Summary of Work-Related Injuries and Illnesses

Form 301: The Injury and Illness Incident Report

When to post 300A?

Feb 1 – April 30





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Importance of a workplace safety policy and procedure manual

Injuries occur

Injuries are costly

Reduces Liability

Boosts productivity

RETENTION RETENTION RETENTION!!!

OSHA research has shown without a doubt that a strong workplace safety policy directly correlates with a safer workplace.



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Train and Retrain your employees

New Hire Orientation

- Require them to sign the documents

Train on Specific job hazards

- Driver

- Mechanic

- Building Maintenance

- Body Work

Retrain

- 60-90 days after hire

- Annually

- When a new operation is added

- Changes in policies and procedures

- Use Monthly Safety Meetings

DOCUMENT! DOCUMENT! DOCUMENT!



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7 Indicators of a Best-in-Class Safety Culture

- 1. Recognition:** Regularly acknowledge safety efforts in meetings
- 2. Supervisor Participation:** Active involvement of supervisors in safety meetings
- 3. Leadership Involvement:** Leaders prioritize safety in their discussions



7 Indicators of a Best-in-Class Safety Culture

- 4. Employee Empowerment:** Employees enforce safety rules
- 5. Safety Committees:** Diverse committees provide risk management input
- 6. Continuous Improvement:** Ongoing feedback & assessments
- 7. Training:** Regular safety training sessions



One Last Thing to Keep in Mind...

“Asking me to overlook a safety violation/unsafe behavior is asking me to compromise the value I place on your life.”



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