



ALLIANCE INTERSTATE RISK

BY TRUCKERS. FOR TRUCKERS.

www.AllianceInterstateRisk.org





ALLIANCE INTERSTATE RISK



HAZARD RECOGNITION

DON ANCHORS, DIRECTOR OF RISK MANAGEMENT

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

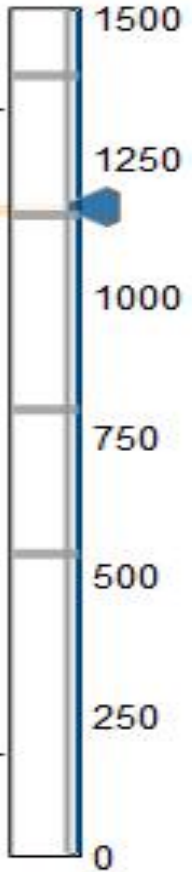
Equipment: ☒ Conventional Cat ☐ Dry Van Trailer
Your body weight: lbs

How to use:

Move the slider thumb up or down to see the details

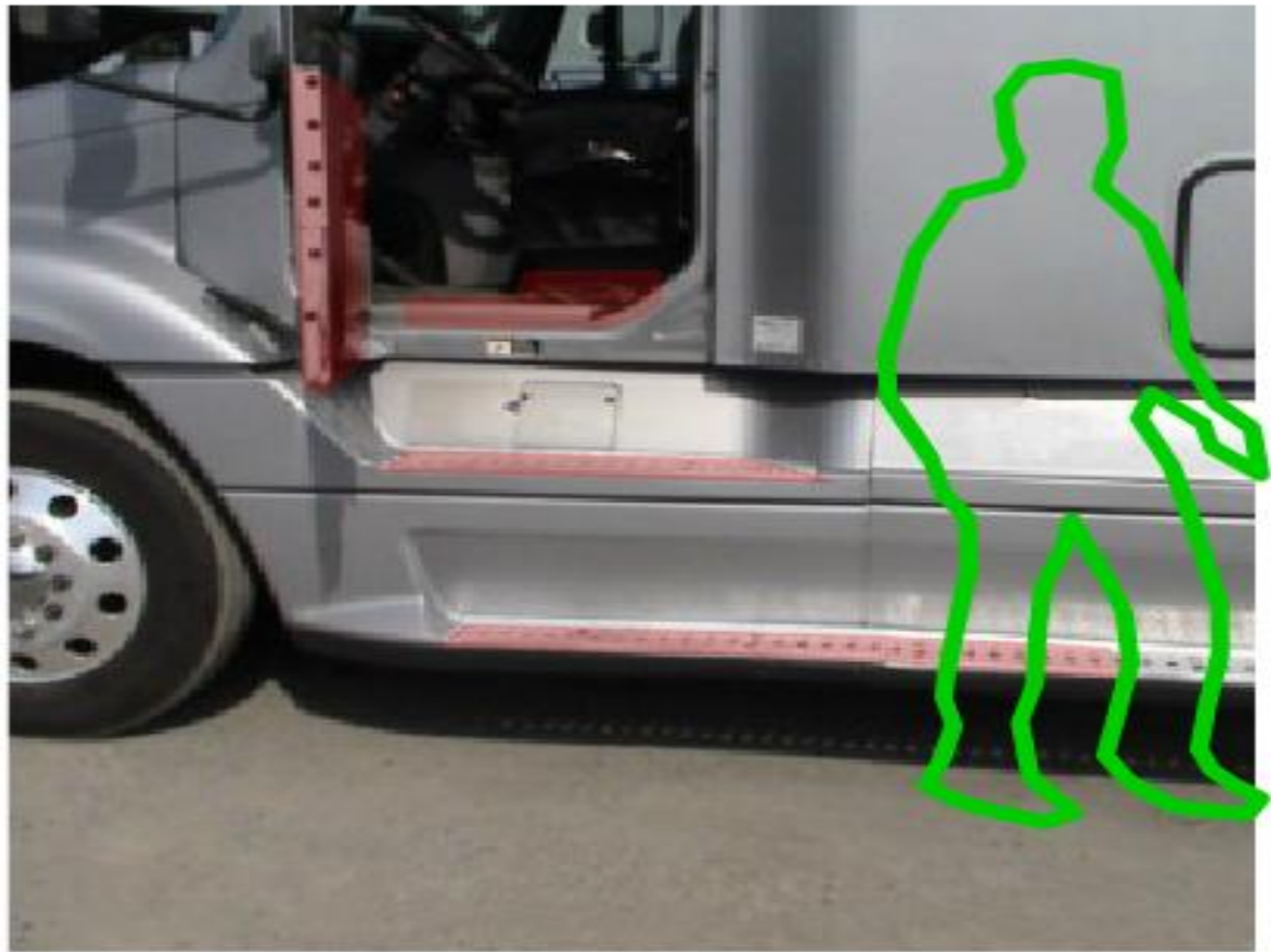
Your impact force is 1339 lbs.
Bad choice: Jumping from the cab produces the highest impact force, overstressing the ankles, knees, hips, and back.

Your Body Weight



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

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



Press F5 to see the applet

IMPACT FORCE



Measure of stresses your body receives when feet make contact with the ground

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



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WHY WORRY?

Current Fine Structure

- **Serious / Other-Than-Serious:** Up to \$16,550 per violation.
- **Willful or Repeated:** Up to **\$165,514** per violation.
- **Failure to Abate:** Up to **\$16,550 per day** past the final correction



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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)



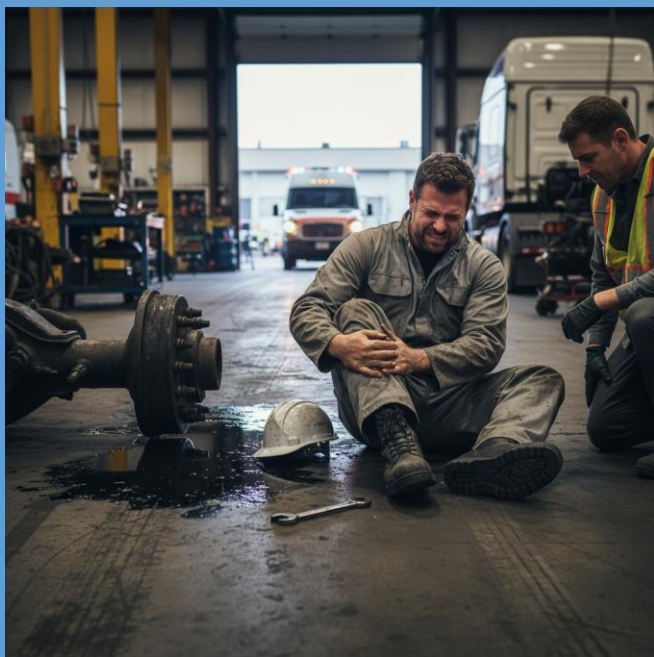
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HOW?



Mitigation Strategies

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



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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?	Grounding and or bonding integrity maintained for chemical dispensing?
3 wire marked = S, ST, SO, STO, SJ, SJO, SJT + SJTO	Electrical cords inspected & have all prongs in tact?
Certified or listed equipment used per manufacturer?	Strain relief in tact for all flexible cords & plug fittings?
Electrical panels labeled appropriately?	Pressure washer grounded per NEC requirements?
Electrical panel knockouts in place?	Double insulated or grounded electric power tools used?
Electrical panel access requirements maintained?	

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: _____

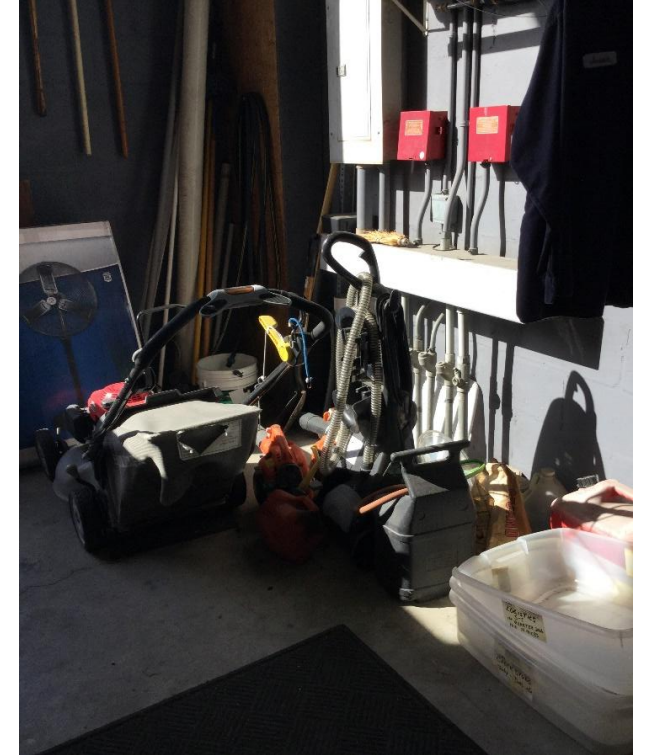
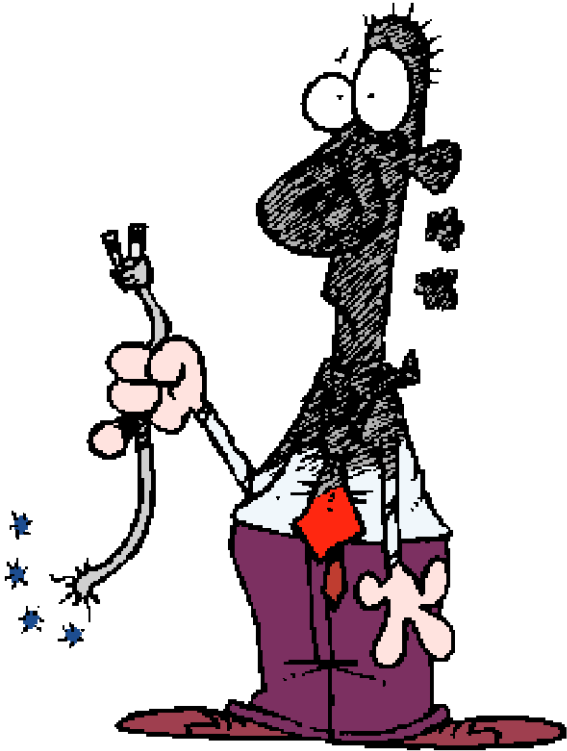
If marked "U" for unacceptable or no; list the appropriate corrective action on the reverse side

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

1

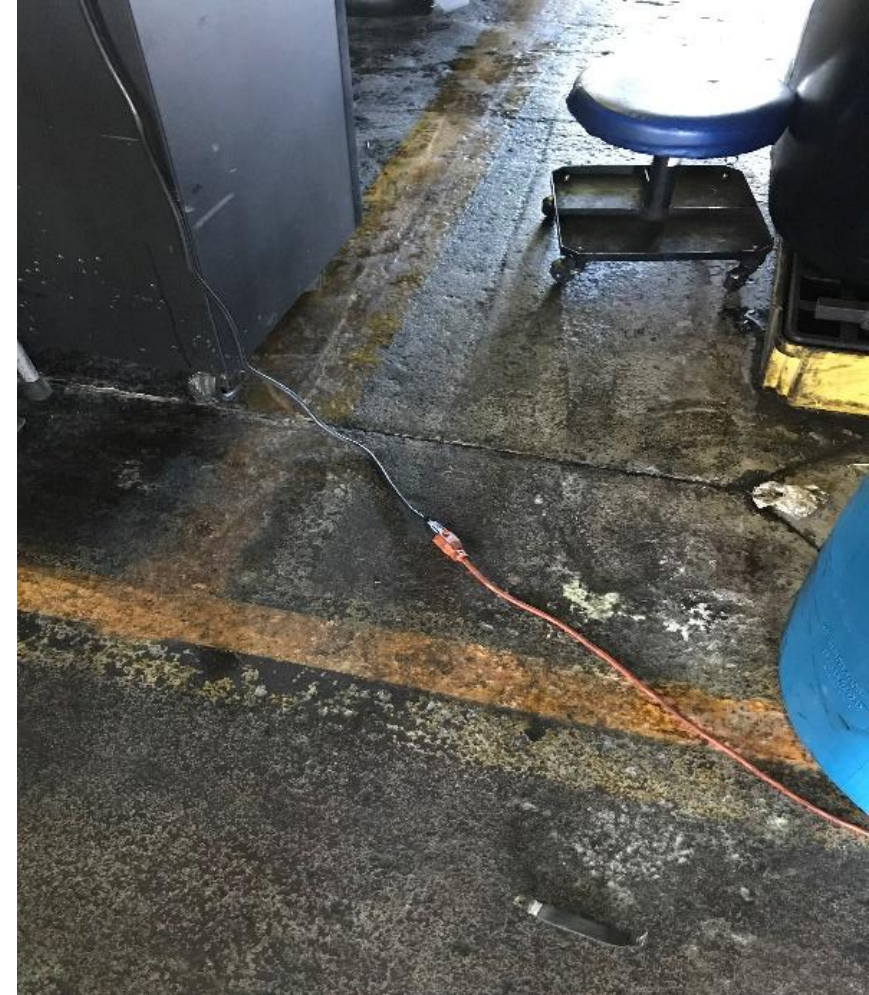
PEOPLE DON'T DO
WHAT YOU EXPECT ----

THEY DO WHAT YOU
INSPECT!



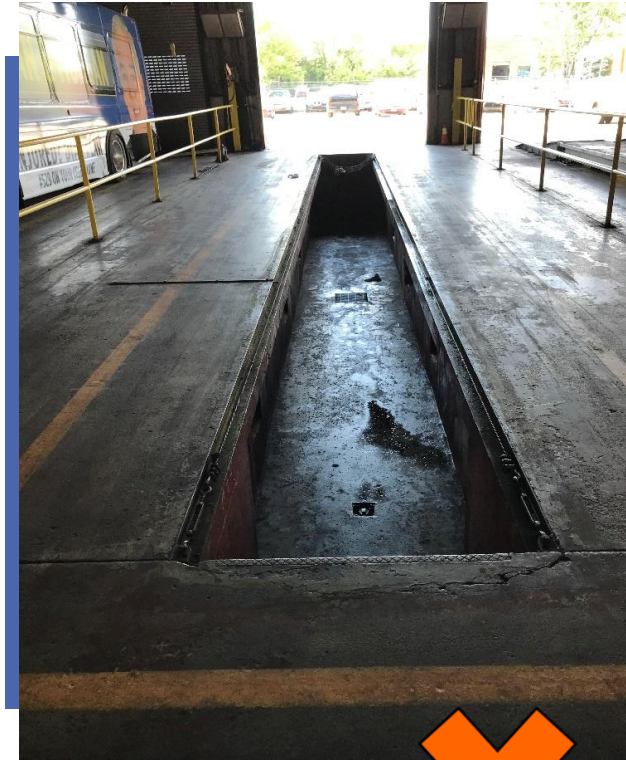
Electrical Safety

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

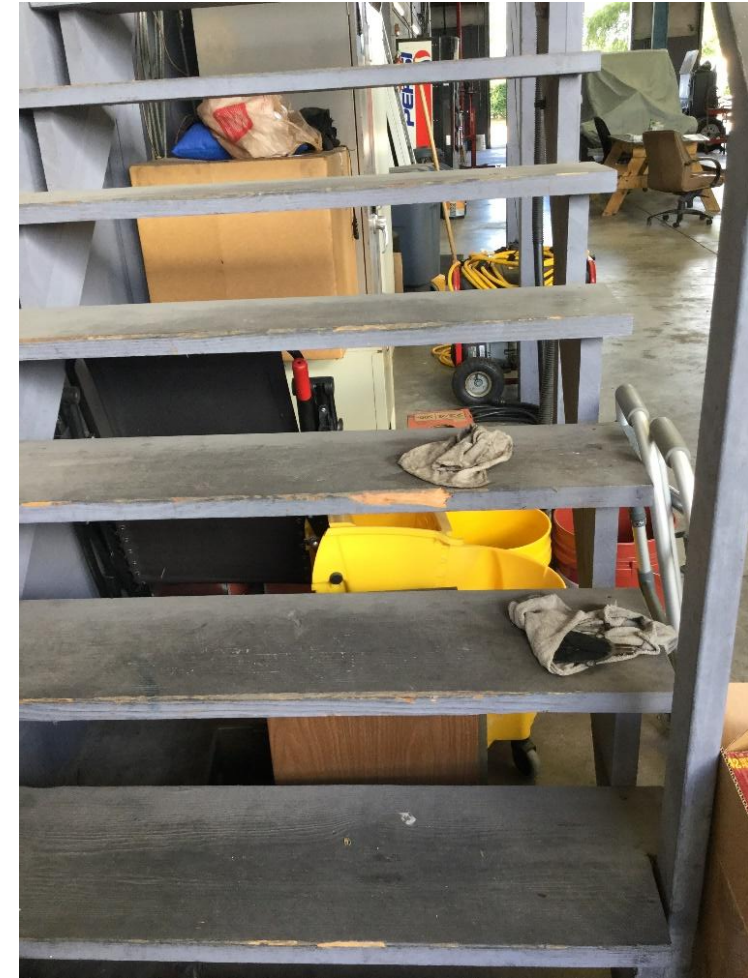
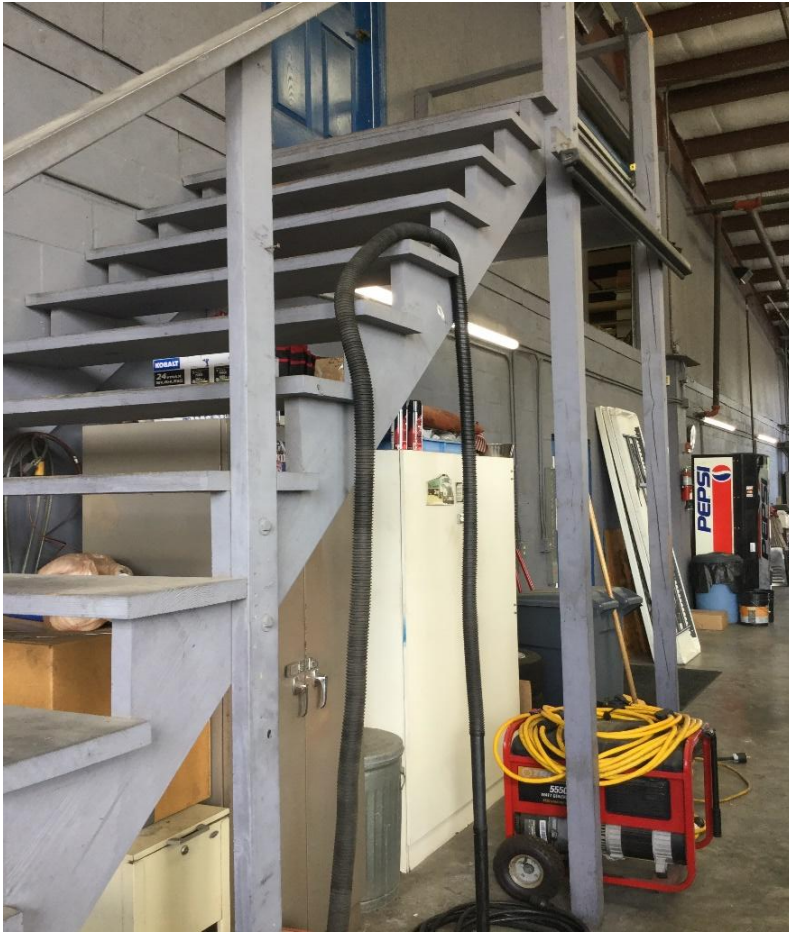


Trip-Slip-Fall Hazards

Mezzanine/Balconies



Trip-Slip-Fall



Trip-Slip-Fall

STAIRS – FREE FROM OBSTRUCTIONS



Trip-Slip-Fall

ITEMS ON FLOOR -
HOUSEKEEPING





Trip-Slip-Fall Hazards

LADDER SAFETY



Eye Wash Station

EMERGENCY EYE WASH
STATIONS CAPPED,
FUNCTIONAL, ACCESSIBLE

Personal Protective Equipment

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



Personal Protective Equipment

There is a time a
place for
creativity...



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Safe Workplace

WHEEL CHOCKS





Machine Safeguarding

BALERS - SAFETY
INTERLOCKS (GATE)
PROPERLY OPERATING.



Machine Safeguarding

BENCH GRINDERS

(60)
LiveLeak

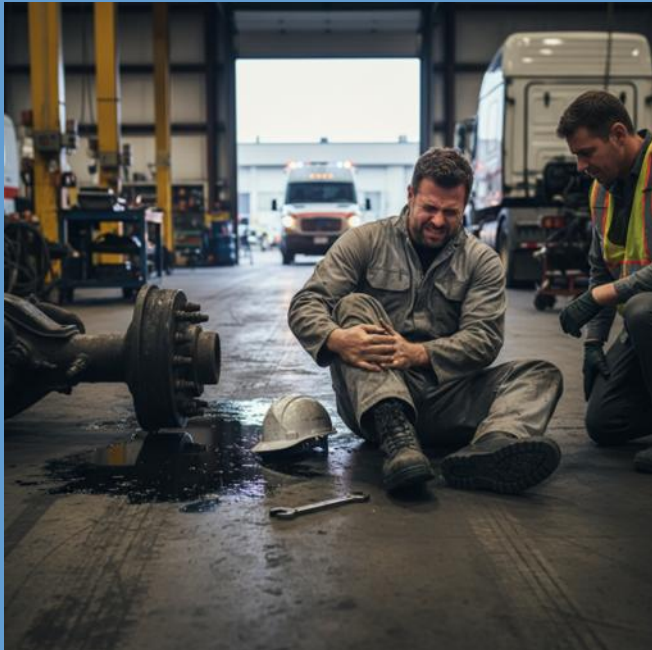


Unstable Palletized Storage





HOW?



Mitigation Strategies

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



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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



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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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Safety Training Calendar



2026



January NEW YEAR, SAFE START	February IMPAIRED DRIVING	March SLIPS, TRIPS, AND FALLS
April DISTRACTED DRIVING	May WHOLE BODY SAFETY	June SAFE WORK METHODS
July SPEED & DRIVER BEHAVIOR	August PPE & EQUIPMENT SAFETY	September DRIVER APPRECIATION
October FIRE SAFETY & EMERGENCY PREPAREDNESS	November WINTER WEATHER SAFETY	December 80%

Monthly Safety Training



CHOOSE SAFE FOOTWEAR.

Select cushioned, supportive, slip-resistant shoes; use steel or composite toes when handling heavy freight.

USE PROPER GLOVES.

Wear task-appropriate gloves (securement, fueling, trailer hookups, etc). Choose the correct type: cut-resistant, chemical-resistant, or temperature-rated.

PROTECT YOUR HEAD.

Wear a hard hat anywhere overhead hazards exist; consider a chin strap for added stability.

STAY VISIBLE. ALWAYS.

Use high-visibility vests, shirts, or coats when around traffic, vehicles, or mobile equipment.

SHIELD YOUR EYES.

Wear safety glasses during mechanical work, cleaning, trailer sweeping, and pre/post-trip inspections.



Personal Protective Equipment
bit.ly/4ug9R3R



SCAN THE CODE, LEARN MORE.

We have selected a video from our Safety Library for each monthly safety training topic. Scan or click the code to view it!

Video Links

- ATA Comp Fund/Alliance Interstate Risk
www.youtube.com/@ATACompFund/playlists



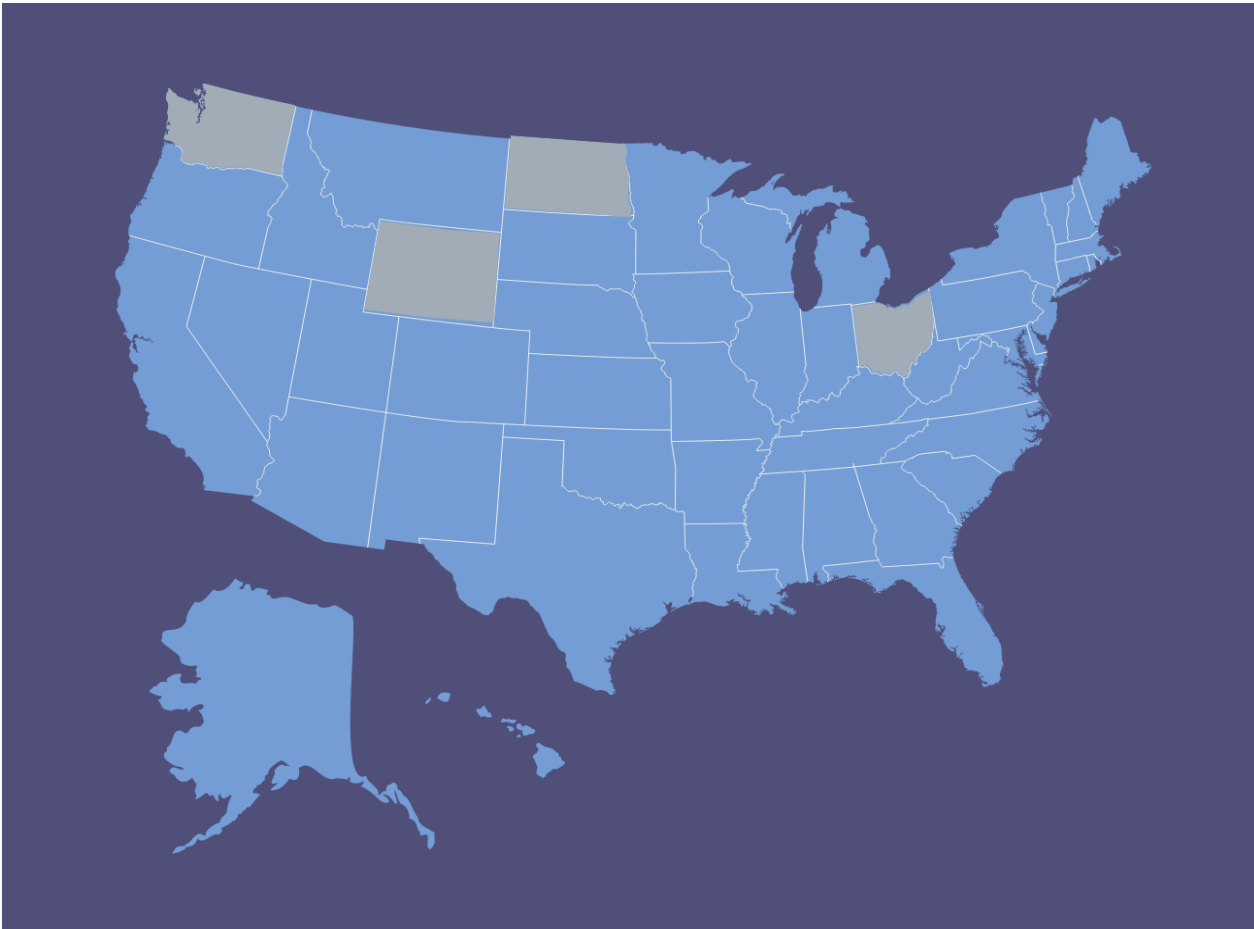
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One Last Thing to Keep in Mind...

“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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Questions?