

High mileage and rough treatment can wear your truck out.

Jumping from your cab will wear your knees out, too.

Take care of your body, just like you take care of your truck.

You can extend the mileage of your knees by:

- ✓ Using 3 points of contact and facing the cab.
- ✓ Wearing sturdy boots with good traction.

*Don't jump! Most trucking industry claims are caused by injuries to muscles, tendons and joints.**

Keep your body in good working order:

- ✓ Look around for obstacles before you exit the cab.
- ✓ Report yard issues to your supervisor.

*Mud, ice, potholes, debris. Falls derail 10% more drivers than collisions. Don't let a fall take you out-of-service.**

** Preventing Injuries in the Trucking Industry Focus Report 1997 - 2005.*

WRONG WAY



WRONG SHOES

Visit www.KeepTruckingSafe.org for more information on how to reduce your risk to injury.

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