



## Tips for sliding tandems

When you slide the tandems, consider the potential risks so you can make safer decisions. Allow yourself plenty of time to do this job correctly.

### For Drivers

Protect your shoulder from rotator cuff injuries:

- Line up the truck and trailer in a level area to reduce tension on the latch.
- Use an extension rod to reach the latch handle so you don't have to bend your back or twist your shoulder.
- Report mechanical problems to your supervisor or repair shop.

Protect yourself from other drivers:

- Wear reflective clothing when outside your truck.

Protect the forklift driver and your freight:

- Slide the tandems all the way back before loading or unloading freight.

Avoid slips, trips or falls when getting out of the cab and walking around the truck. You'll need to get in and out of your truck several times to slide the tandems to the correct position.

- Get someone to help you by being the "eyes on the ground."
- Before you exit the cab look for debris, ice, oil or holes in the ground.
- Always use three points of contact to enter or exit your cab.

### For Management

- Be open to listening to drivers about their safety concerns.
- Maintain equipment so it functions easily.
- Provide tools such as extension rods for pulling the release latch.



**Reaching to grab latch handle can cause a shoulder injury.**

[www.KeepTruckingSafe.org](http://www.KeepTruckingSafe.org)

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