



A WorkSafeBC Partnership Initiative

Safety Resources and Publications

The following is a list of publications and other resources to help prevent the most common injuries and illnesses in the trucking industry. Visit the one of the industry sections (*Agriculture, Commercial Fishing, Construction, Forestry, Health Care, Manufacturing, Performing Arts and Film, Petroleum (Oil & Gas), Tourism and Hospitality, Small Business*) of the Health and Safety Centre at www.worksafebc.com for these resources and ordering information.

Resources

The following Fraser Canyon Highway Safety Corridor resources are currently available:

- DVD:** “The Unsafe Act of Motorists in the Vicinity of Large Trucks”
- Professional Driver Bulletin:** explaining the changes that are in place due to the designation of the Safety Corridor
- Drive Smart –Share the Road Brochure:** “Sharing the Road with Trucks Road Safety Guide for Passengers”
- Decal Program:** The Drive Smart – Stay Out of the No-Zone Campaign is a highway safety initiative that educates road users about the blind spots around trucks

Available Fall 2006:

- The Highway Safety Corridor Development Took Kit:** This package will provide other community, industry and municipal traffic safety committees the tools to develop and implement a highway safety corridor, including pointers on gathering statistics, program development and communication planning, as well as specific products such as: Decal Program - Buckle Up, Make the Connection campaign, part of the Fraser Canyon Highway Safety Corridor project which is a collaboration of federal, provincial, industry and private sector partners.

Publications

Backs and Lifting

Does Your Back Hurt?

A brief illustrated guide outlining facts and myths, back posture, risk factors, exercises, and tips for preventing back pain.

BackTalk: An Owner's Manual for Backs

An illustrated handbook that explains how the back works, provides tips for avoiding injury, and shows how to care for the back during recovery. The booklet also describes ways to reduce the risk of injury.

General Health and Safety

Hazards of Confined Spaces for Shipping and Transportation Industries

Fatal accidents in confined spaces often occur because workers are not aware of the potential life-threatening atmosphere and other hazards. These booklets are designed to make workers and employers aware of the hazards of confined spaces. There are three versions containing examples specific to different industries, as well as a book for all other industries.

General Health and Safety Publications continued:

Summary of Occupational Health and Safety Requirements for Small Business

This publication provides small business employers and workers with a quick summary of the key sections of the Workers Compensation Act and the Occupational Health and Safety Regulation that applies to most small businesses.

Small Business Guide to Health and Safety

This guide covers general WCB requirements, business owner responsibilities, how to identify and eliminate workplace hazards, the costs of accidents, and a number of services the WCB can provide to help small businesses.

Effective Safety and Health Programs: The Key to a Safe Workplace and Due Diligence

This guide contains important information for employers, supervisors, and workers who must ensure that their occupational health and safety programs meet WCB standards.

Using a question-and-answer format, this guide defines due diligence; describes how the WCB applies due diligence; explains how the WCB assesses compliance with the Regulation; identifies the elements of an occupational health and safety program; and explains how occupational health and safety programs help establish due diligence.

Safety on the Job is Everyone's Business: The Responsibilities of Employers, Supervisors and Workers



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All new workers need training in equipment use and safe work procedures. This pamphlet covers the basics in training new workers. Employer, supervisor, and worker responsibilities for developing and maintaining a safe workplace are outlined.

Safety Inspections

A reference guide and workbook for workplace safety inspections.

Joint occupational health and safety committee workbook

A joint occupational health and safety committee is made up of workers and employers working together to identify health and safety problems in the workplace.

Investigation of Accidents and Diseases: Reference Guide and Workbook

A workbook to help employers perform effective accident investigations.

Fall Protection

An Introduction to Personal Fall Protection Equipment: Safety Belts, Harnesses, Lanyards and Lifelines

This booklet is an introduction to the proper use of personal fall protection equipment. It outlines the safe use and limitations of personal fall protection equipment, including safety belts, harnesses, lanyards, and lifelines.

Equipment and Machinery

Safe Work Practices for Large Vehicle Tire Servicing

This publication contains detailed procedures for servicing large-vehicle tires, which if handled improperly, can explode, often with disastrous consequences.

Safe Work Practices for Mobile Cranes

A comprehensive booklet detailing safe work practices for locating, setting up, operating, and dismantling mobile cranes. It will help workers and employers understand and comply with the Occupational Health & Safety Regulation.

Safe Operation of Lift Trucks

This pamphlet outlines guidelines for the safe operation of forklifts, platform trucks, powered small-pallet trucks, and similar powered units. The pamphlet also contains sections of the Occupational Health & Safety Regulation that apply specifically to lift truck operators.

Ergonomics

Performing an Assessment on Bus Driver's Tasks

A step by step musculoskeletal injury risk assessment and control tool that can be used for bus/transit and other related transport operations.

Preventing Musculoskeletal Injury (MSI): A Guide for Employers and Joint Committees

This book provides guidance to help employers and joint committees prevent MSI in the workplace. It discusses a seven-step prevention process: consultation, education, risk identification, risk



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assessment, risk control, training, and evaluation. The book also includes a table of common risk control options and a chart that can be used to investigate MSIs.

Understanding the Risks of Musculoskeletal Injury (MSI): An Educational Guide for Workers on Sprains, Strains, and Other MSIs

This book is an educational guide to help workers and employers recognize the signs and symptoms of MSIs and understand the potential health effects of these injuries. It also helps employers and workers identify the factors that place workers at risk for MSI, such as force, repetition, work posture, and local contact stress.

Ergonomics Commentary 1 – Back Belts

This commentary explains what a back belt is and how back belts cannot be used as personal protective equipment. The commentary advises users that back belts may not prevent injuries at work and may, in some cases, increase the risk of injuries.

Ergonomics Commentary 2 – Wrist Braces

This commentary explains what wrist braces are, how they are used, and when they should be used. The commentary advises users that non-prescribed wrist braces are not personal protective equipment and may not prevent hand and arm injuries at work.

Hearing Conservation

Sound Advice: A Guide to Hearing Conservation Programs

This guide explains the requirements of a hearing conservation program and provides general information on implementing a hearing conservation program.

Hear for Good: Preventing Exposure at Work

This pamphlet explains noise-induced hearing loss, noise control, and hearing protection. It also covers different types of hearing protection and how to fit and care for hearing protection.

Common Questions about WorkSafeBC's Hearing Aid Program

This booklet contains answers to frequently asked questions about the WorkSafeBC Hearing Aid Program.

Testing Your Hearing: How and Why

This pamphlet outlines information on testing hearing, including why testing should be done, who does the testing, how the testing is done, why a medical history is needed.

These resources may not meet all the requirements for health and safety in British Columbia. Please check the Workers Compensation Act, the Occupational Health and Safety Regulation, and related materials for specific WCB requirements.