



# RISK REMINDER

Mid-West Truckers Risk Management Association

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## WINTER SAFETY

Mid-Western winter weather can be very challenging just driving back and forth to work, let alone driving a truck to deliver goods. With this in mind, listed below are few points to keep in mind during the winter months ahead.

### Prior to driving:

- Pre-trip vehicle inspections can detect and prevent serious safety issues while on the road such as breakdowns, tip-over, and flat tires. Having to stop on the road siding can make for a very dangerous situation because of traffic, snow, & ice, and weather exposure.
- Make sure the mirrors and windows are clean, all lights are functioning, windshield washers are working properly and are full of solution, tires are properly inflated, and motor and heater are running properly.
- Have extra clothing and supplies along (candy bars, trail mix, crackers & cheese) in case of a breakdown or having to be exposed to the cold while loading or unloading.
- Allow for extra time to get to your destination. Check the weather forecast for conditions. Have an alternate route planned should the initial route be closed due to weather.



### While driving:

- SLOW DOWN! Trucks as well as cars do not stop as well in slippery conditions. Use safe following distances to prevent accidents.
- When crossing mountains or steep inclines, have chains available and ready to put on. There is nothing that feels more helpless than trying to climb or stop on a grade and not being able to.

### When loading, unloading, or outside of vehicle:

- Be prepared. Wear layers of clothing to accommodate going in and out of the weather. Use gloves that allow for proper grip and movement. Wear a hat! This will prevent body heat loss while keeping your head dry if it is raining or snowing. Good water proof and slip proof work boots should be worn.
- Be aware of surroundings when exiting the cab to prevent slipping, tripping, and falling. Potholes and debris can be hidden under snow and ice.
- Use 3-point contact at all times when entering or exiting a truck cab or trailer. Never jump out of or off a trailer. Serious injuries may occur from this practice.
- Know your limitations when dealing with cold. Don't push yourself. Take frequent breaks inside to warm up.

### Questions - True or False:

1. You don't have to slow down in bad weather because your tires are new. \_\_\_\_
2. Pre-trip vehicle inspections do not help in preventing problems. \_\_\_\_
3. Jumping out of the cab does not pose any problems for me. \_\_\_\_

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