

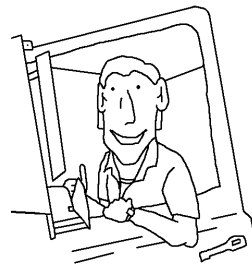
Driving Can Be a Pain! What You Can Do to Reduce Your Exposure

Sitting and Driving

- ◆ Pressure in the lower back region often occurs after prolonged periods of sitting
- ◆ Sit up as straight as possible — adjust both inside and outside mirrors for maximum viewing in this position
- ◆ If possible, arrange the items in your front seat to provide room for movement of your upper body
- ◆ Perform three to five standing back-arch exercises when a driving break is taken

Entering and Exiting the Cab

- ◆ Use your legs and knees to pull yourself up
- ◆ Establish a secure grasp and footing
- ◆ Never jump out of the cab
- ◆ Maintain the three-point contact:
 - One hand on the handle or grip area
 - One foot on the step
 - The other foot on a secure surface
- ◆ Keep your back straight
- ◆ When exiting the cab, check the surface you are about to step on to — look for:
 - Potholes
 - Uneven surfaces
 - Slippery surfaces, ice, snow, mud



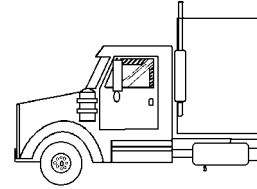
Unloading

- ◆ Place your arms shoulder-length apart when pushing cages or carts
- ◆ Look over the route you will be taking — check for holes and joints in the floor that may catch the wheels and cause the load to jolt
- ◆ Do not overload the hand truck
- ◆ Keep your back straight
- ◆ Use your leg muscles to do the work

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Lifting Hoods

- ◆ Truck hoods can weigh 200 pounds or more
- ◆ Break the seal on the hood alignment parts prior to the lift
- ◆ Establish a firm grip
- ◆ Keep your body straight
- ◆ Take a wide-leg stance while maintaining a good balance
- ◆ Before lifting the hood, check the surface area you will be walking on — is it free of potholes, rocks, slippery surfaces?
- ◆ Use your body momentum to bring the hood toward you



Lifting the Rear Bay Door

- ◆ Take a wide stance
- ◆ Establish a good grip on the door handle
- ◆ Test the door to determine how much strength will be needed to open it
- ◆ Use the strap attached to the door
- ◆ Keep your back straight

Closing the Rear Bay Door

- ◆ Step up to the bay door
- ◆ Keep your back straight and maintain a good balance
- ◆ Grasp the door grooves firmly
- ◆ Pull the door down smoothly
- ◆ Use the straps if they are attached

Exiting Trailers

- ◆ Use three-point contact when exiting the trailer
- ◆ Avoid jumping from the trailer
- ◆ Before leaving the trailer, check the landing area for holes and slippery areas

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