

# Trucker Overexertion

## Safety Alert

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### Enform

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### An Industry Product

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## Description of Incident:

An oilfield service company that conducts trucking activities had multiple truckers who sustained shoulder muscle strain injuries due to overexertion. After a review of the incidents, it was identified that the overexertion injuries occurred when the truckers secured the cargo with load straps.



Example of bins on flat deck

## What Caused It?

The shoulder muscle strain injuries were caused by excessive and repeated force on the shoulder during load securement.

## Contributing Factors

- Lack of warm-up and stretching after exiting the truck and prior to conducting work
- Throwing load straps using an overhead throw
- Throwing load straps at less than ideal distances from the load

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## Corrective/Preventative Actions:

- Conduct warm-up and stretching activities prior to work and after long periods of sitting/driving
- Bend knees and use leg muscles to reduce the throwing force
- Use an underhand throw whenever possible to reduce the stress on the shoulder
- Use a distance from the load of four to six feet for underhand throws and seven to nine feet for overhand throws
- Use loader assisted wrapping techniques or load taglines whenever possible

Some of the learnings from the forestry industry have been incorporated into this company's corrective actions. For more information on these learnings please see WorkSafeBC's Report entitled [Overexertion Injuries Resulting from Installing Log Load Wrapper](#). Please note that depending on the size of different loads the corrective actions above may need to be modified such as ideal distance from load.

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