

REAL LIFE LESSONS

FROM TRUCK DRIVERS INJURED AT WORK



Winter Weather and a Bad Case of Ice!

When will it end? According to Punxsutawney Phil it will be an early spring this year. According to the calendar the date will be March 20, just the same as most years. However, according to most of us it cannot be soon enough. This winter weather is giving all of us a bad case of ice! And with the ice comes the slipping and falling that typically results in sprains, strains and fractured bones. To put it into perspective, let's review just two of the numerous injuries sustained by drivers by slipping on ice and snow this winter alone.

Jordan had driven a significant portion of a long route last December and was feeling good about his progress because there was the possibility of winter weather in his path. So far it had not materialized, or so he thought. When he pulled into a rest stop along the interstate he quickly exited his truck to perform inspections and to take advantage of the restroom. As soon as he put his weight on the step plate he went flying! The moisture on his step plate had frozen and he was not aware. Jordan's impact on the ground fractured his left hip. He has yet to recover fully and return to driving.

Raymond's mishap was similar. He had accomplished some "white knuckle" driving for several hours along a snow packed interstate in mid January, dodging "four wheel spinners" and patiently making his way towards his destination when he pulled into a truck stop. He did not slip on his step plates because it was obvious that they were covered in snow and ice. He climbed down with extra caution and slowly made his way through the 6 inches of snow to the truck stop front door. As soon as he entered the restaurant he inhaled the aroma of the food and felt the warm air, but he also took one step too far without cleaning all the snow, ice and water off of his boots. That's when Raymond took his slip and fall. The linoleum floor was not forgiving. Raymond attempted to catch his fall, but strained his right shoulder in the process. He tore his rotator cuff. Surgery was required and Raymond is now watching most of this winter weather from his house because he is medically restricted from driving.

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It appears that all of us modify our behavior to be safer when frozen precipitation is forecasted or is present, but we often overlook the simple things (like wiping our feet) or anticipating that there could be ice present even if we can't see it. Too often these brief moments result in an injury even though we have taken all types of precaution for hours prior. Seems like the simple things get us and leave us with a bad case of ice!

Remain alert. Approach the situation as if ice is present. Check the surface for slipperiness. And let's all continue to count the days until March 20!



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