

Grocery Risk Management Bulletin

✓ *Helping Grocers reduce their cost of insurance by preventing accidents and claims*

LOADING DOCK SAFETY

Helpful tips for reducing loading dock injuries

The potential for injuries at the loading dock is huge. There are risks for pinch point injuries from rolling doors and heavy loads, falls from elevated docks and truck beds, and accidental collisions between equipment and workers – among other life-threatening hazards. Reduce your risk of injury by maintaining a safe work environment at the dock. Here's how.

Avoiding Injuries

- All workers must be alert to these hazards to avoid injury. To stay safe at your manufacturing facility's loading dock, consider these useful recommendations.
- Always wear the proper personal protective equipment (PPE), such as gloves and steel-toed boots with grip soles. Wear ear muffs or plugs where required.
- Make sure trailer lanes are clearly marked so that backing up, parking and spotting is easier.
- Make sure that dock bumpers are in place and in working condition. Report any damaged bumpers to your supervisor to ensure that they are replaced as quickly as possible.
- Do not sit idle on a dock. This will prevent unnecessary exposure to diesel exhaust.
- Never lean on or hang over a loading dock, as you could fall off the dock or be crushed by a backing trailer.
- Steer clear of trailers when a forklift is loading or unloading.
- Check dock levelers or bridges before using them.
- Use trailer locking devices to prevent a gap from opening between the trailer and the dock.
- Do not operate any machinery that you are not trained to use.
- Never load trailers that are not firmly seated against a dock, and always check the weight capacity of the leveler before you begin loading a trailer.
- Inspect the trailer's floorboards to assure that they can withstand the load, the lifting device and your body weight combined.
- Your load should never exceed the capacity of your loading equipment.
- Keep aisles and working areas free of clutter and debris on loading docks.
- Only walk in the designated pedestrian walkways.

Safety First!

If you notice any safety hazards at the loading dock, or have any safety concerns, contact your supervisor. A safe workplace starts with being alert to potential hazards!

Courtesy of **RISKPOINT INSURANCE ADVISORS | Joe Scarpello and Melissa Johnson – Grocery Division**

OREGON OFFICE: 5285 Meadows Rd | Suite 242 | Lake Oswego, OR. 97035
WASHINGTON OFFICE: 33530 1st Way S | Suite 102 | Federal Way, WA 98003
P: (253)444-5584 | jscarpello@riskpointins.com | www.riskpointins.com