Appendix III: Sample Posters

**Avoid Slips, Trips and Falls**

- **Clean** up all spills **immediately**

- Be careful around the edge of the dock. Keep a safe distance away.

- **Never** climb a storage rack. Always use a ladder or lifting device.

- **Do not** jump onto or from the dock

- **Wear** proper footwear
Is the Loading Dock kept clean and free of clutter?

- Practice good housekeeping
- Clean up all spills immediately
- **Do not** block fire exits and emergency equipment
- **Do not** use the loading dock as a storage area
Practice Safe Material Handling

- **Before** handling a material, check that your **path is clear**.

- **Bend your knees** and keep your **back straight** when lifting.

- **Use** material handling equipment (e.g. lift trucks, dollies, etc.) wherever available

- **Use two** people to carry **larger** loads.
You are **NOT** alone

Be Cautious of Pedestrians

- drive slowly and be alert
- give pedestrians the right-of-way
- make eye contact with pedestrians crossing your vehicle’s path
  - check for blind spots
- use a spotter for direction
Loading Dock Safety

Loading and Unloading

• Shut engine OFF and use mechanical restraints to prevent “trailer creep”

• Make sure dock plates are secure and can support loads, equipment and workers

• Maintain good communication between you and others

• Be cautious of falling freight

• Vehicles should not leave the dock until the driver is given the “All Clear” signal