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

- 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