



Trucking Publications

The following is a list of publications and other resources to help prevent the most common injuries and illness in the trucking industry. These resources may not meet all the requirements for health and safety in British Columbia. Please check the *Workers Compensation Act*, the Occupational Health and Safety Regulation, and related materials for specific WCB requirements.

Visit one of the industry sections (*Agriculture, Commercial Fishing, Construction, Forestry, Health Care, Manufacturing, Performing Arts and Film, Petroleum (Oil & Gas), Tourism and Hospitality, Small Business*) of the Health and Safety Centre at www.worksafebc.com for these resources or for information on ordering.

Backs and Lifting

Does Your Back Hurt?

A brief illustrated guide outlining back facts and myths, back posture, risk factors, exercises, and tips for preventing back pain.

BackTalk: An Owner's Manual for Backs

An illustrated handbook that explains how the back works, provides tips for avoiding injury, and shows how to care for the back during recovery. The booklet also covers situations that can cause excessive loads and describes ways to reduce the risk of injury.

General Health and Safety

Hazards of Confined Spaces for Shipping and Transportation Industries

Fatal accidents in confined spaces often happen because workers are not aware that they are entering a confined space that contains a life-threatening atmosphere or other hazards. These booklets are designed to make workers and employers aware of the hazards of confined spaces. There are three versions containing examples specific to different industries (BK81, BK82, BK83), as well as a book for all other industries (BK80).

General Health and Safety Publications, continued:

- Summary of Occupational Health and Safety Requirements for Small Business**
Provides small business employers and workers with a quick reference summary of the key sections of the Workers Compensation Act and the Occupational Health and Safety Regulation that apply to most small businesses.
- Small Business Guide to Health and Safety**
This guide covers general WCB requirements, business owner responsibilities, how to identify and eliminate workplace hazards, the costs of accidents, and a number of services the WCB can provide to help small businesses.
- Effective Safety and Health Programs: The Key to a Safe Workplace and Due Diligence**
This guide contains important information for employers, supervisors, and workers who must ensure that their occupational health and safety programs meet WCB standards.

Using a question-and-answer format, this guide defines due diligence; describes how the WCB applies due diligence; explains how the WCB assesses compliance with the Regulation; identifies the elements of an occupational health and safety program; and explains how occupational health and safety programs help establish due diligence.
- Safety on the Job is Everyone's Business: The Responsibilities of Employers, Supervisors and Workers**
All new workers need training in equipment use and safe work procedures. This pamphlet covers the basics in training new workers. Employer, supervisor, and worker responsibilities for developing and maintaining a safe workplace are outlined.
- Safety Inspections**
A reference guide and workbook for workplace safety inspections.
- Joint occupational health and safety committee workbook**
A joint occupational health and safety committee is made up of workers and employers working together to identify health and safety problems in the workplace.
- Investigation of Accidents and Diseases: Reference Guide and Workbook**
A workbook to help employers perform effective accident investigations.

Fall Protection

- An Introduction to Personal Fall Protection Equipment: Safety Belts, Harnesses, Lanyards and Lifelines**
This booklet is an introduction to the proper use of personal fall protection equipment. This booklet outlines the safe use and limitations of personal fall protection equipment, including safety belts, harnesses, lanyards, and lifelines.

Equipment and Machinery

- Safe Work Practices for Large Vehicle Tire Servicing**
Contains detailed procedures for servicing large-vehicle tires, which if handled improperly, can explode, often with disastrous consequences.
- Safe Work Practices for Mobile Cranes**
A comprehensive booklet detailing safe work practices for locating, setting up, operating, and dismounting mobile cranes. It will help workers and employers to understand and comply with the Occupational Health & Safety Regulation.
- Safe Operation of Lift Trucks**
This pamphlet outlines guidelines for the safe operation of forklifts, platform trucks, powered small-pallet trucks, and similar powered units. The pamphlet also contains sections of the Occupational Health and Safety Regulation that apply specifically to lift truck operators.

Ergonomics

- Performing an Assessment on Bus Driver's Tasks**
A step by step musculoskeletal injury risk assessment and control tool that can be used for bus/transit and other related transport operations.
- Preventing Musculoskeletal Injury (MSI): A Guide for Employers and Joint Committees**
This book provides guidance to help employers and joint committees prevent MSI in the workplace. It discusses a seven-step prevention process: consultation, education, risk identification, risk assessment, risk control, training, and evaluation. The book also includes a table of some common risk control options and a chart that can be used to investigate MSIs.
- Understanding the Risks of Musculoskeletal Injury (MSI): An Educational Guide for Workers on Sprains, Strains, and Other MSIs**
This book is an educational guide to help workers and employers recognize the signs and symptoms of MSI and understand the potential health effects of these injuries. It also helps employers and workers to identify the factors that place workers at risk for MSI, such as force, repetition, work posture, and local contact stress.
- Ergonomics Commentary 1 – Back Belts**
This commentary explains what a back belt is and how back belts cannot be used as personal protective equipment. The commentary advises users that back belts may not prevent injuries at work and may, in some cases, increase the risk of injuries.

Ergonomics, continued:

Ergonomics Commentary 2 – Wrist Braces

This commentary explains what wrist braces are, how they are used, and when they should be used. The commentary advises users that non-prescribed wrist braces are not personal protective equipment and may not prevent hand and arm injuries at work.

Hearing Conservation

Sound Advice: A Guide to Hearing Conservation Programs

This guide explains what is required of a hearing conservation program and provides general information on implementing a hearing conservation program.

Hear for Good: Preventing Exposure at Work

This pamphlet explains noise-induced hearing loss, noise control, and hearing protection. It also covers different types of hearing protection and how to fit and care for hearing protection.

Common Questions about WorkSafeBC's Hearing Aid Program

This booklet contains answers to frequently asked questions about the WorkSafeBC Hearing Aid Program.

Testing Your Hearing: How and Why

This pamphlet outlines information on testing hearing, including why testing should be done, who does the testing, how the testing is done, why a medical history is needed.