

## Workplace Health and Safety Queensland

# Transport and storage

These are the most common injuries to workers in the transport and storage industry based on accepted workers' compensation claims.

\* The transport and storage industry covers road, rail, water and air transport, road freight (e.g. delivery services, furniture removal), road passenger transport (e.g. bus services and taxi services), transport services (e.g. stevedoring and port operators), storage (e.g. warehousing and grain storage) and courier services.

### Back

Muscle and tendon sprains and strains from lifting, carrying or moving crates or cartons

24%

### Knee

Muscle and tendon strains and sprains from kneeling, twisting or stepping on and off of things

8%

9%

### Shoulder

Muscle and tendon sprains and strains from lifting, carrying or moving boxes/crates

10%

### Hands and fingers

Wounds/lacerations from using knives and handling metal or steel



Source: Queensland Employee Injury Database. Data current as at October 2008 and is subject to change over time. Based on eight years of accepted workers' compensation claims, excluding commuting claims.

# Health and safety tips

Employers should undertake a risk management process in order to protect workers by preventing or minimising the risk of injuries in their workplace. Below are some health and safety tips to reduce the risk of injury. Employers should work with their employees to ensure the most effective solutions are put in place.

Manual tasks	
<b>Activities/instructions</b>	
<ul style="list-style-type: none"> <li>For work involving hard physical effort:                             <ul style="list-style-type: none"> <li>organise work to reduce physical force needed to lift, carry, move, hold or restrain items</li> <li>use mechanical aids whenever you can, e.g. tailgate loaders, roller conveyors and trolleys</li> <li>combine goods in crates and use a pedestrian forklift</li> <li>avoid double handling by loading in order of delivery or loading bulk items together.</li> </ul> </li> <li>For work involving awkward working positions:                             <ul style="list-style-type: none"> <li>work in the straightest forward facing position – not bent, slouched, twisted or turning</li> <li>work with your arms close to your body, not reaching away or overhead</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>vary your position frequently, don't stand, sit, kneel or squat for long periods</li> <li>learn how to adjust the seat to maintain a good posture, with comfortable access to vehicle controls.</li> <li>For work that is highly repetitive or done for long periods workers should:                             <ul style="list-style-type: none"> <li>work at a slower pace to reduce potential injury</li> <li>change work practices or get equipment to avoid repetitive actions or prolonged tasks</li> <li>increase the amount of scheduled rest breaks when driving in bumpy or vibrating conditions, or extremely hot or cold conditions.</li> </ul> </li> </ul>
Slips, trips and falls	
<b>Activities/instructions</b>	
<ul style="list-style-type: none"> <li>Keep roadways and aisles in good repair and clear of obstructions such as drums and broken pallets, remove grease or slippery substances, store equipment when not in use.</li> <li>Do not jump from the cab or from any part of a vehicle, i.e. use constant three point contact – three parts of the body contacting the vehicle.</li> <li>Wear non-slip boots, have work areas with non-slip surfaces, use weather protection and keep work areas well drained, cleaned and maintained.</li> </ul>	<ul style="list-style-type: none"> <li>Check for good lighting especially at crossing points or where surface type, height or slope changes, e.g. curbs, building entrances, road – pathway intersections.</li> <li>Avoid steep slopes especially when carrying loads.</li> <li>Inspect sites especially where there are constant changes to workplace conditions, such as delivery sites or changed warehousing arrangements.</li> <li>Mark out clear walkways.</li> <li>Take care at unfamiliar sites, e.g. road side, distribution centres.</li> </ul>
Forklifts	
<b>Activities/instructions</b>	
<ul style="list-style-type: none"> <li>Make work areas safe for the use of forklift trucks – fit raised edges on loading docks, install warning signs or barricades, impose speed limits, provide adequate lighting and, if necessary, fit secure ramps to access work areas.</li> <li>Make sure all forklift operators hold a licence to operate the forklift or the person is a trainee in the operation of forklifts.</li> <li>Conduct training with all operators on forklift truck operation and maintenance before operating the forklift.</li> <li>Make sure load is safe and secure on the tynes before moving.</li> </ul>	<ul style="list-style-type: none"> <li>Before starting each shift, conduct a thorough inspection of the forklift truck and attachments such as lift and tilt systems, steering, brakes, controls, tyres, warning devices, load arms, brake fluid, hydraulic oil, etc.</li> <li>Prepare safety procedures for fuel handling and storage, and battery changing and charging.</li> <li>Have a method for determining the weight of the load being handled.</li> </ul>
Heights	
<b>Activities/instructions</b>	
<ul style="list-style-type: none"> <li>Avoid climbing on the truck or load by:                             <ul style="list-style-type: none"> <li>using tautliners, or rodded side curtains instead of tarps, or if using tarps, use tarp spreaders</li> <li>using mechanical assistance such as hoists, portable height adjustable conveyors, tailgate loaders, electric pallet movers.</li> </ul> </li> <li>If you cannot avoid working above ground level:                             <ul style="list-style-type: none"> <li>use physical barriers to stop a person falling, e.g. guard railing, rails on the non-loading side, fall-arrest equipment</li> <li>make sure you have, secure climbing contact points on truck cabs, cargo trays and dock areas</li> <li>wear non-slip footwear.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>When storing or moving goods:                             <ul style="list-style-type: none"> <li>use appropriate safety harnesses on stock pickers, reach trucks, scissor lifts etc.</li> <li>use nets and other methods to stop loose items falling from shelves or pallets</li> <li>always inspect and maintain racking</li> <li>place goods so specific handling instructions are visible, e.g. weights</li> <li>make sure that racking is rated to suit the load or that it is not overloaded.</li> </ul> </li> </ul>
Young workers	
<b>Activities/instructions</b>	
<ul style="list-style-type: none"> <li>Understand that younger workers are still physically growing and may also lack understanding, experience and/or confidence in performing their duties safely.</li> </ul>	<ul style="list-style-type: none"> <li>Induct, train and place younger workers with a suitable mentor to demonstrate and reinforce sound and safe work practices.</li> </ul>