

Loading Docks: Safety Training

Goals: This Toolbox talk should teach you to:

- A. Understand loading dock hazards.
- B. Know how to work safely on loading docks.

OSHA Regulations: 29 CFR 1910.22, 30

1. Loading Dock Surfaces, Equipment, and Procedures Can Be Hazardous

- A. Hazards include:
 - 1. Slipping or tripping on wet, oily, or broken floor surfaces
 - 2. Falling off dock edges
 - 3. Injuries from falls or unsecured dock plates
 - 4. Injuries resulting from unchocked trailer wheels
 - 5. Illness or unconsciousness from inhaling carbon monoxide from trucks
 - 6. Back injuries from improper lifting and carrying
 - 7. Injuries from careless behavior around forklifts and other vehicles

2. Keep Floors Clean, Dry, and in Good Condition

- A. Place containers, packaging, tools, and other materials safely out of walking and driving areas.
- B. Clean up and properly dispose of trash.
 - 1. Place oily rags or other combustible trash in closed containers.
- C. Clean up any spills immediately.
 - 1. Alert trained responders to major spills.
 - 2. Follow material safety data sheet for cleaning up a chemical spill.
 - 3. Watch out for dripping rain, melting ice, etc.
- D. Report any cracked or broken concrete or other flooring.

3. Keep Dock Plates in Place

- A. Check dock plate load capacity to be sure it can handle your load.
- B. Secure movable dockboards in position, so they won't slip.
- C. Slide—don't drop—dock plates into position.

4. Take Precautions to Prevent Falls

- A. Walk, don't run, on loading docks.
 - 1. Don't fool around or push someone, even as a joke.
- B. Stay away from loading dock edges.

- C. Don't jump onto or off a loading dock.
- D. Wear sturdy shoes with nonskid soles that support both the foot and ankle.
- E. Watch where you're going.

5. Work Safely With Power Trucks and Trailers

- A. Check that truck and trailer wheels are chocked before loading or unloading.
- B. Make sure drivers turn off their motors to prevent carbon monoxide exposure. C. Invisible and odorless, carbon monoxide can be fatal.

6. Load and Unload Correctly to Prevent Injuries

- A. Use forklifts, dollies, and other aids or get help rather than lifting by yourself whenever possible.
- B. Never try to lift skids and pallets alone.
- C. When you do lift, bend your knees and keep your back straight so your legs do the work (not your back).
- D. Wear snug-fitting gloves that provide good grip when lifting, loading, and unloading.
- E. Load hand trucks with heavy objects on the bottom and weight forward over the axle. F. Balance and secure hand truck loads; keep load height at a level you can see over.

7. Be Alert to Other Vehicles, Workers, and Materials

- A. Don't try to ride on a forklift or distract the operator.
- B. Get out of the way when a forklift horn sounds.
- C. Pay attention to materials on the dock that could fall or roll.
- D. Wear a hard hat, eye protection, and hearing protection when required to protect against falling or flying objects or noise.

