Module 3: Injury Control

Identifying Common Injuries and Preventing Them Before They Happen

Module 3 focuses exclusively on injury identification and prevention within motor carrier operations. This course provides a practical, transportation-specific framework for recognizing the most common workplace injuries in trucking and implementing targeted controls to prevent them.

This is not a claims course. This is a prevention course.

Course Overview

Injury prevention begins with awareness. The most common injuries in trucking are predictable, repeatable, and preventable when leaders understand where exposure exists and how to control it.

Module 3 teaches participants how to:

- Identify the injury patterns specific to transportation environments
- Recognize high-risk tasks before someone gets hurt
- Apply practical, field-ready prevention strategies
- Build consistent injury-control systems across operations

Rather than reacting after someone gets injured, this course emphasizes proactive identification of hazards and structured prevention methods that reduce injury frequency and severity.

Participants leave with a clear understanding of how to recognize risk exposures in real fleet settings — terminals, docks, yards, cabs, and customer locations.

Who Should Attend

- Safety Managers and Directors
- Operations and Terminal Managers
- Fleet Supervisors
- Maintenance Leaders
- Human Resources Professionals
- Company Owners and Executives

This module is especially valuable for organizations experiencing recurring injury types or inconsistent hazard identification practices.

Learning Objectives

By the end of this module, participants will be able to:

- Identify the most common injury types in trucking operations
- Recognize root causes and contributing factors
- Conduct practical hazard identification reviews

- Apply prevention strategies specific to transportation tasks
- Incorporate ergonomic and task-based controls into daily operations
- Strengthen accountability for injury prevention at all levels

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Topics Covered

Common Injury Types in Trucking

- Slips, trips, and falls
- Musculoskeletal and overexertion injuries
- Load securement and material-handling injuries
- Hand and finger injuries
- Struck-by incidents
- Vehicle ingress/egress injuries

Injury Prevention Foundations

- Task-based risk assessment
- Job Safety Analysis (JSA)
- Hazard identification in fleet environments
- Environmental risk factors (weather, surfaces, lighting)
- Human factors and behavioral influences

Ergonomic & Operational Controls

- Proper lifting techniques
- Cab and equipment ergonomics
- Three-point contact procedures
- Yard and dock safety practices
- Preventing repetitive strain and overuse injuries

Using Injury Data to Prevent Repeat Events

- Identifying patterns
- Recognizing high-risk roles and tasks
- Turning injury reports into preventive action

Learning Activities

This module emphasizes applied injury prevention:

Hazard Identification Walk-Through

- Participants review real-world fleet scenarios and identify injury exposures.

Task Breakdown Exercise

- Break down high-risk transportation tasks step-by-step and identify control points.

Injury Pattern Review

- Analyze sample injury data and develop prevention strategies.

Prevention Plan Workshop

- Develop a structured injury control improvement plan tailored to fleet operations.

Required Resources & References

- OSHA General Industry Standards (29 CFR Part 1910)
- OSHA injury and illness reporting guidance
- Industry best practices for injury prevention

(Resources support discussion and applied learning.)

Assessment & Evaluation

- Participation in hazard identification exercises
- Applied injury-prevention planning
- Group discussion and practical scenario analysis

Course Format

- Instructor-led, in-person classroom training
- Facilitated discussion and applied exercises

Duration: 1 Day (8 Hours)
Certificate: Certificate of Completion

Why This Module Matters

Most injuries in trucking are not random events. They follow patterns. They occur during predictable tasks. They repeat when systems don't change. Strong injury control protects:

- Employees
- Productivity
- Morale
- Operational continuity
- Long-term safety culture

When injury prevention becomes intentional instead of reactive, organizations move from hoping injuries don't happen… to building systems that make them far less likely.