

Module 3: Injury Control & Claims Management

Reducing Workplace Injuries, Controlling Claims, and Protecting the Workforce

10 Common Types of Trucker Injuries



1. Traffic Injuries



2. Shoulder Pain

3. Back Pain

4. Neck Pain

5. RSI
Repetitive
Strain
Injuries



6. Falling Injuries

7. Crush Injuries

8. Work Site Injuries

9. Overexertion



10. Long-Term Lifestyle Injuries

Module 3 focuses on preventing workplace injuries and managing claims in a way that protects employees while controlling operational and financial risk.

This course provides motor carriers with a practical, system-based approach to injury prevention, post-injury response, and workers' compensation management—grounded in real transportation operations, not generic safety theory.

Course Overview

Injuries are one of the most costly—and most controllable—risk areas in motor carrier operations.

Module 3 teaches participants how to identify injury trends, reduce exposure through proactive controls, and manage claims effectively when injuries do occur. Rather than treating injuries as isolated events, this course focuses on building repeatable systems that reduce frequency, severity, and duration of claims.



Participants learn how safety, operations, HR, and management must work together to prevent injuries, respond consistently, and support employees through recovery and return to work.

Who Should Attend

- Safety Managers and Directors
- Risk Management and Claims Professionals
- Operations and Terminal Managers
- Human Resources Professionals
- Company Owners and Executives

This module is especially valuable for organizations experiencing rising injury rates, escalating workers' compensation costs, or inconsistent post-injury response.

Learning Objectives

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

- Identify common injury types and risk factors in trucking operations
- Apply injury prevention strategies specific to transportation work environments
- Understand OSHA injury reporting and recordkeeping requirements
- Manage post-injury response to reduce claim severity and duration
- Implement return-to-work and transitional duty strategies
- Align safety, HR, and operations around injury control goals

Topics Covered

- Common injury types in trucking
 - Slips, trips, and falls
 - Musculoskeletal and overexertion injuries
 - Load securement and material-handling injuries
- Job Safety Analysis (JSA) and hazard identification
- Ergonomic considerations in transportation settings
- OSHA injury and illness reporting requirements
- Workers' compensation claims fundamentals
- Post-injury response and communication
- Return-to-work and transitional duty programs
- Using injury data to prevent repeat events

Learning Activities

This module emphasizes applied injury control and decision-making:

- **Hazard Identification Walk-Through**
Review photos and scenarios to identify injury risks in real fleet environments.
- **Injury Trend Review**
Analyze injury patterns and discuss preventive strategies.



- **Return-to-Work Strategy Design**
Develop practical transitional duty concepts aligned with operational realities.
- **Case Study Discussion**
Evaluate injury response decisions and their impact on claims outcomes.

Required Resources & References

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

(Resources are used to support discussion and applied learning.)

Assessment & Evaluation

- Participation in hazard identification exercises
- Group discussion and case study analysis
- Applied injury-prevention and return-to-work planning

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

Injuries impact far more than claims costs. They affect:

- Employee morale and trust
- Productivity and staffing levels
- Insurance premiums and loss ratios
- Regulatory and legal exposure

Most injury programs fail not because of lack of concern—but because of inconsistent systems and unclear ownership.

Module 3 provides the structure needed to prevent injuries where possible and manage them effectively when they occur—protecting both employees and the organization.