

REAL LIFE LESSONS

FROM TRUCK DRIVERS INJURED AT WORK



DRIVER SPRAINS ANKLE EXITING TRUCK

Jim (Big Jim) has been a driver for 18 years and has been employed by the same company the whole time. He is the type of guy that the other drivers really like to be around. He always has a joke to tell, and it seems like Jim always had a smile on his face. But on June 12th of last year, Jim wasn't smiling.

As he stepped out of his truck, he turned and faced the truck; grabbed onto the handholds and stepped down. However, when his right foot hit the ground it twisted inward and Jim – all 375 lbs of him – fell to the ground in pain. When he started to get back up, Jim realized that a rock smaller than a baseball had caused his injury. He had stepped on a rock that was on the ground beside his truck causing him to twist his ankle. Luckily his ankle was not broken, but it did have a severe sprain.

REAL LIFE LESSON

With 375 lbs bearing down on his ankle while it was twisted inward, Jim is lucky that his ankle did not snap. For that reason he considers himself fortunate and the following life lesson will forever be embedded in his mind.

Climbing down off of cab steps, catwalks or the trailer's ICC bar presents frequent opportunities to strain or sprain an ankle. Proper footwear for drivers are snugly laced boots that lace above the ankle, which can prevent or minimize the severity of ankle injuries.

To the extent that it can be done safely, take a look at the ground surface where you will be stepping before exiting a truck or trailer. Rocks, potholes or debris are can produce serious injuries.

Work diligently towards maintaining a healthy weight. Because of the stress on the body, individuals who are significantly overweight are more prone to injury and take longer to recover from injuries.