



<b>SUBJECT</b>	<b>SAFETY IN AND AROUND THE TRUCK</b>
<b>RESOURCES</b>	PowerPoint Youtube Video Factsheet

**SAFETY IN & AROUND THE TRUCK**

**Facilitator: Ask your trainees what they think is safety when they get in and out of their truck?**

Write their answers up on a whiteboard or butchers' paper and then proceed into the PowerPoint presentation to see if any of their answers matched.

**This toolbox is based on how truck drivers and their assistances must exit a truck safely.**

**The PowerPoint presentation includes a video and there is a Dept of Transport fact sheet handout to give trainees.**

**You can also search the internet for other videos on driving blind spots.**



**SAFETY IN & AROUND THE TRUCK**

A significant number of work accidents in the removals industry are caused by employees getting into and out of the cabin of the vehicle incorrectly.

One of the first things you must learn to do correctly is to get in and out of the truck.

Many injuries happen because people do not know the right way to do this simple thing.

## When getting in on the right-hand side of the truck:

- put your left foot on the lower step
- at the same time, with your right hand, grasp the front handgrip on the door jamb
- swing yourself up until you can reach the other hand grip
- place your right foot on the next step
- pull yourself into the cabin
- To get out of the truck, reverse this process



**NOTE:** There must always be three points of contact at all times; never get out of the truck front-wards and never jump out of the vehicle.

**Exit the truck backwards, grasp the front hand door grip, place a foot on the trucks upper step, steady yourself with your other hand and step down**

**Remember, our trucks share the road with other traffic.**

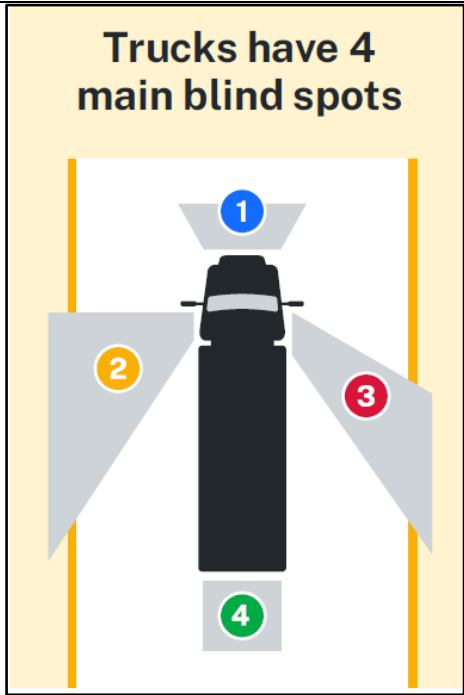
There are a few more basic procedures we should follow while working around the truck, especially where there is traffic.

## Stopping Distances

Trucks cannot stop as quickly as other vehicles on the road. B-double truck (unloaded) travelling at only 40km/h can take up to 35 metres to stop, and at 60km/h the stopping distance almost doubles to 67 metres.

## Blind spots

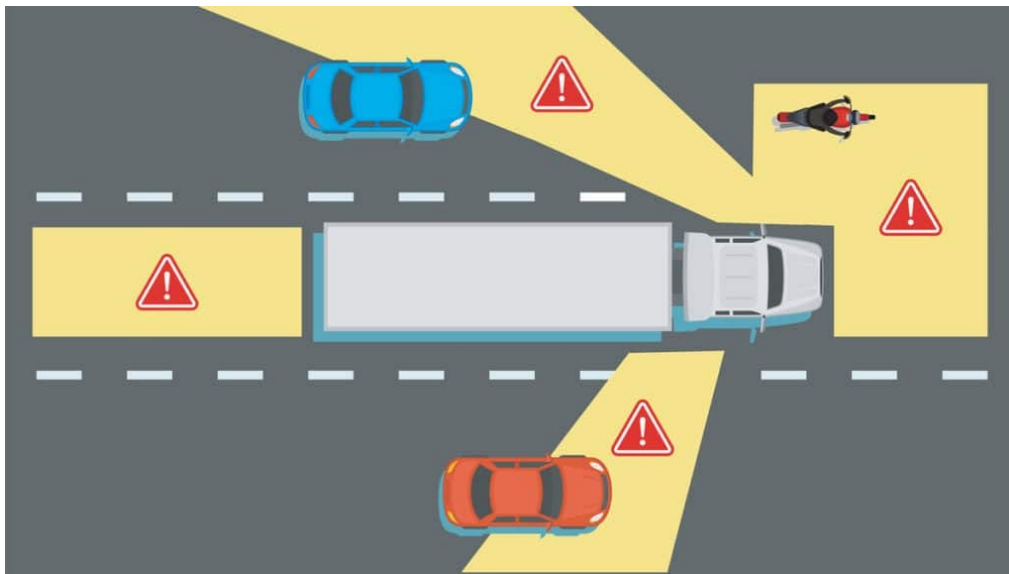
Remember as a driver you have four main blind spots, immediately in front, directly behind, beside the driver door and a significant area on the passenger side.



chrome-extension://efaidnbnmnnibpcajpcglclefindmkaj/https://towardszero.nsw.gov.au/sites/default/files/2022-12/07.%20RSIYW%20Factsheet%20-%20Safety%20around%20trucks%20and%20buses.pdf

[https://youtu.be/eh9D\\_JTqUDY](https://youtu.be/eh9D_JTqUDY)

<https://youtu.be/5iD9izatlts>



Picture source: <https://www.tegral.com.au/what-you-cant-see-as-a-driver/>



## References:

Transport for NSW – Safety around trucks and buses  
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extension://efaidnbmnnnibpcajpcgglefindmkaj/https://towardszero.nsw.gov.au/sites/default/files/2022-12/07.%20RSIYW%20Factsheet%20-%20Safety%20around%20trucks%20and%20buses.pdf

AFRA video – Safety in and around the truck – Go to AFRA members website, under training to view the video (<https://youtu.be/PQDAIq97v3U>)

# SAFETY IN & AROUND THE TRUCK TOOLBOX TALK



Items Raised/Corrective Action	Action By	Action completed	
		Sign off	Date

DATE:.....

FACILITATOR SIGNATURE.....

# Safety around trucks and buses



Due to their size, trucks and buses have larger blind spots than the average car. This means that these drivers may not always be able to see you. For everyone's safety, always be cautious when driving or riding next to, or behind, a truck or bus.

As freight volumes increase on our roads, knowing how to safely share the road with trucks and buses is becoming more important. Crashes involving these vehicles are often serious because of their size and weight, regardless of who is at fault.

## The facts

- ▶ Between 2018–2020, 19 people were killed and 137 were seriously injured in heavy bus crashes across the state. Of the 19 people killed, nine were pedestrians, four were drivers, four were motorcyclists, one was a passenger and one was a bicycle rider.
- ▶ In 2020, there were 800 casualty crashes involving a heavy truck or a heavy bus, which included 59 people killed and 285 people being seriously injured.
- ▶ While heavy trucks and buses make up only 2.5 per cent of NSW motor vehicle registrations, they were involved in about 21 per cent of all road fatalities in 2020.

## Be truck and bus aware

Because of their size and mass, crashes involving trucks and buses can cause severe outcomes for other road users. Trucks and buses can't stop quickly and have large blind spots. When sharing the road with trucks and buses, you need to take extra care.

### ▶ Stopping distances

Trucks and buses can't stop as quickly as some other vehicles on our roads. A B-double truck (unloaded) travelling at only 40km/h can take up to 35 metres to stop, and at 60km/h the stopping distance almost doubles to 67 metres. In comparison, a car (unloaded) takes about 27 metres to stop travelling at 40km/h and about 56 metres to stop when travelling at 60km/h.

### ▶ Blind spots

Take extra care around trucks and buses and remember that they can't always see you. When driving or riding alongside a truck or bus, try to allow for extra space to ensure that the driver can see you.

Motorcycle riders should avoid lane filtering near trucks and buses. Trucks and buses have multiple blind spots and motorcycle riders are at increased risk because of their decreased visibility and lack of protection.

## How to stay safe

### As a driver or rider:

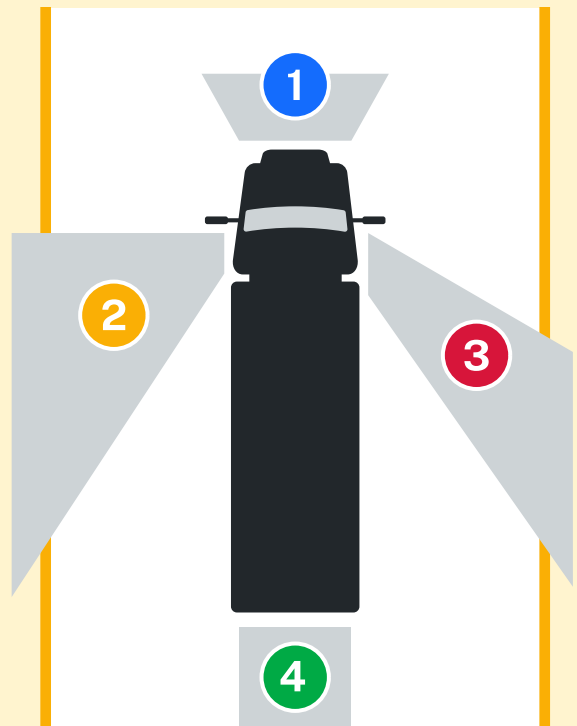
- ▶ Avoid merging too closely in front of trucks or buses.
- ▶ Don't overtake a truck or bus when it's turning and leave space on either side, as they often need extra space and may take up more than one lane.
- ▶ Trucks and buses have larger blind spots than the average car. This means truck drivers may not be able to see you. So be cautious when driving or riding next to, or behind a truck or bus — can they see you?
- ▶ Bicycle riders should not pass on the inside of a truck or bus about to turn — allow the truck or bus to pass and then safely continue your journey.
- ▶ Keep a safe distance when travelling behind a bus as they may stop frequently.
- ▶ Always give way to buses pulling out from the kerb.
- ▶ Slow down to 40km/h when bus lights are flashing.

### As a pedestrian:

- ▶ Avoid unexpectedly stepping in front of trucks or buses to cross the road as they may not be able to stop in time if required.



## Trucks have 4 main blind spots



### More information

Visit the Transport for NSW road safety website for information on staying safe around trucks ([roadsafety.transport.nsw.gov.au/campaigns/be-truck-aware](https://roadsafety.transport.nsw.gov.au/campaigns/be-truck-aware)) and buses ([roadsafety.transport.nsw.gov.au/campaigns/be-bus-aware](https://roadsafety.transport.nsw.gov.au/campaigns/be-bus-aware)) and to learn about other important road safety topics.

If you're driving for work, visit the Towards Zero website ([towardszero.nsw.gov.au/workplace](https://towardszero.nsw.gov.au/workplace)) to complete the Road safety: Everybody's business online learning course to learn about road safety risk and how you can stay safe on NSW roads.



Scan the QR code for more information on road safety

