



Training Solutions, Delivered!

DUMP TRUCK SAFETY

**Leader's Guide, Fact Sheet
& Quiz**

Item Number: 3513
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This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

3513 DUMP TRUCK SAFETY FACT SHEET

LENGTH: 8 MINUTES

PROGRAM SYNOPSIS:

In addition to the obvious carrying, dumping and spreading of loads, dump trucks can be outfitted with a wide array of attachments to make them, without question, the workhorse of the job site. Because they are so common, they have far too often been the source of serious injuries and fatalities and also because they are so common it's easy to forget how dangerous they can be. This program reviews the safe work practices dump truck drivers must follow to prevent these tragedies. Topics include pre-start up checks, driving preparations, operational hazards, dumping loads safely and safe driving hazards.

PROGRAM OBJECTIVES:

After watching the program, the participant will be able to explain the following:

- What items to check during the pre-start up check;
- How to prepare for operating the vehicle after entering the cab;
- What hazards drivers should be aware of during operation;
- How to safely dump a truck's load;
- What precautions to take while driving the truck.

INSTRUCTIONAL CONTENT:

VERSATILITY OF DUMP TRUCKS

- One of the most common sights on our roadways and at worksites today are trucks and there are almost as many different types of trucks as there are uses for them. One of the most widely used types is the dump truck.
- In addition to the obvious carrying, dumping and spreading of loads, dump trucks can be outfitted with a wide array of attachments to make them, without question, the workhorse of the job site.
- Because they are so common, they have far too often been the source of serious injuries and fatalities and also because they are so common it's easy to forget how dangerous they can be.

FLEET OPERATIONS SAFETY PLAN

- Every company that owns dump trucks should have their "fleet operations safety plan" established.
- There are several components to this plan, and each is equally important to the overall safety effort.
- At the very least, the plan must include vehicle maintenance training, company policy for driver qualification, training on vehicle operation, vehicle inspections, work zone safety rules.

REGULAR INSPECTIONS

- Just as with any equipment, your dump trucks need to be inspected on a regular basis and any problems that are uncovered should be repaired immediately.
- These scheduled inspections should be conducted by mechanics or drivers and should cover the suspension system under load to ensure even suspension, pins and bushings for wear and lubrication, hydraulic cylinders and hoses for leaks or damage, boxes for damage and anything else that requires regular maintenance.

PRE-TRIP INSPECTIONS

- In addition to regular inspections, drivers must perform a pre-trip inspection prior to beginning operation. This includes checking lights, turn signals, stop lights, mirrors, windshield wipers, tires and tire pressure, oil level, brakes and backup alarm.

The driver must confirm that everything is in good condition and working properly before moving around the worksite or driving on the road.

TRAINING AND CERTIFICATION

- There is a good deal of training and certification required to become a dump truck operator.
- It's the fleet manager's job to pre-qualify the drivers by verifying that a CDL or commercial driver's license has been obtained and checking the driver's driving history report or MVR.

- Once the pre-qualification is done, it's up to the fleet manager to schedule company and job specific training for new drivers before they begin working.

WORK ZONE SAFETY TRAINING

- Work zone safety training depends largely on the environment you're working in.
- The hazards to operating a dump truck range from tip over caused by unbalanced loads to navigating hazardous surface conditions, uneven surfaces, soft soil conditions and poorly compacted fills can all cause accidents, damage to the equipment and time lost on the job.
- Surfaces that slope on the sides, like road shoulders, can change the truck's center of gravity, causing a flip over. Being alert and aware and staying on level ground whenever possible is crucial.
- When working around construction or utility operations, the truck should never be parked near a trench or excavation. The weight of the truck can disturb the trench wall and cause a cave-in, even without a load.
- The vibrations from a truck's engine alone can compromise the stability of the trench wall and because of this, the truck should always be loaded and unloaded a safe distance from the edges of the excavation.
- Drivers need to ensure ample clearance from overhead power lines, cables or any other obstructions, especially when raising the truck bed.
- Of course, drivers must always make sure all personnel in the area stays clear of the truck, not only when it's moving but also when it's being loaded and unloaded.
- When preparing to dump a load, the driver must ensure that the tailgate and dump bed are unlocked and operational.
- The driver should always be seated in the driver seat when operating the equipment, not standing on the running board or beside the truck.
- Traffic control and work zones especially on construction sites or roadways is one of the most important elements to maintaining a safe and injury free workplace.
- A full 2/3 of worker fatalities result from being struck or run over by vehicles inside the work zone.
- An organized system for traffic control applies to all personnel, not only truck drivers, although truck flow in and around the site is all important.

BACKING UP SAFELY

- Because it's so difficult for a dump truck driver to see behind the truck when backing up, it's a good idea to reduce or altogether eliminate the need to do so. That's not always possible as dump trucks often have to back up to dump a load clear of the roadway.
- The audible backup warning device must be used whenever it's necessary for the driver to move in reverse.
- A spotter must be positioned to both direct the driver and ensure that all workers stay clear the vehicle as it is moving.
- Some trucks are equipped with motion sensor devices or cameras as well and drivers should be familiar with all these devices to aid them in backing safely.

PERSONNEL IN THE WORK ZONE

- Non truck driving personnel in the work zone are also responsible for maintaining safety.
- Anyone who might be exposed to vehicle or equipment traffic should be wearing high visibility clothing or work vests so that they're easily visible to the drivers.
- It's also important for workers to make sure that truck drivers are aware of them when approaching the vehicles by making eye contact with them before approaching the truck.

SAFE DRIVING PRACTICES

- No discussion of safe driving for the drivers of any kind of vehicles is complete without talking about the hazards of distracted driving.
- The Federal Motor Carrier Safety Administration has a rule that restricts the use of all handheld mobile devices by drivers of commercial motor vehicles. This rule restricts a CMV driver from holding a mobile device to make a call or dialing by pressing more than one single button.
- Of course, cell phones aren't the only distractions that can cause accidents. Using the GPS and adjusting the radio or temperature controls while driving can take your attention off the road for just that split second that makes the difference in avoiding an accident.
- Fatigue, ill health and stress are also possible culprits.

- The bottom line is that it's up to the driver to stay aware, alert and follow all the safety rules pertaining to the vehicle and the work zone at all times.

CONCLUSION

- Dump trucks are one of the most important tools we have to get our jobs done and working with them safely is to everyone's benefit.
- Make a point of reviewing your company's policies and procedures and always make sure that you and your dump truck are ready and able to perform your job safely every day.

DUMP TRUCK SAFETY

ANSWERS TO THE REVIEW QUIZ

1. a

2. a

3. d

4. a

5. a

6. b

7. a

DUMP TRUCK SAFETY
REVIEW QUIZ

The following questions are provided to determine how well you understand the information presented in this program.

Name _____ Date _____

1. Because they are so common, it's easy to forget how dangerous dump trucks can be.
 - a. True
 - b. False

2. Dump trucks need to be inspected on a regular basis.
 - a. True
 - b. False

3. A pre-trip inspection includes checking the _____.
 - a. Lights
 - b. Mirrors
 - c. Brakes
 - d. All of the above

4. Once the pre-qualification is done, it's up to the fleet manager to schedule company and job specific training for new drivers before they begin working.
 - a. True
 - b. False

5. When working around construction or utility operations, the truck should never be parked near a trench or excavation.
 - a. True
 - b. False

6. When preparing to dump a load, the driver can stand on the running board or beside the truck.
 - a. True
 - b. False

7. The Federal Motor Carrier Safety Administration has a rule that restricts the use of all handheld mobile devices by drivers of commercial motor vehicles.
 - a. True
 - b. False