

まんがでわかる



English
英語

陸上貨物運送事業の安全衛生

Learn through Manga

Health and Safety for Land Freight Transportation



This audiovisual material has been created for the purpose of learning the basics of health and safety for land freight transportation workers who are engaged in cargo handling work in trucks and warehouses.

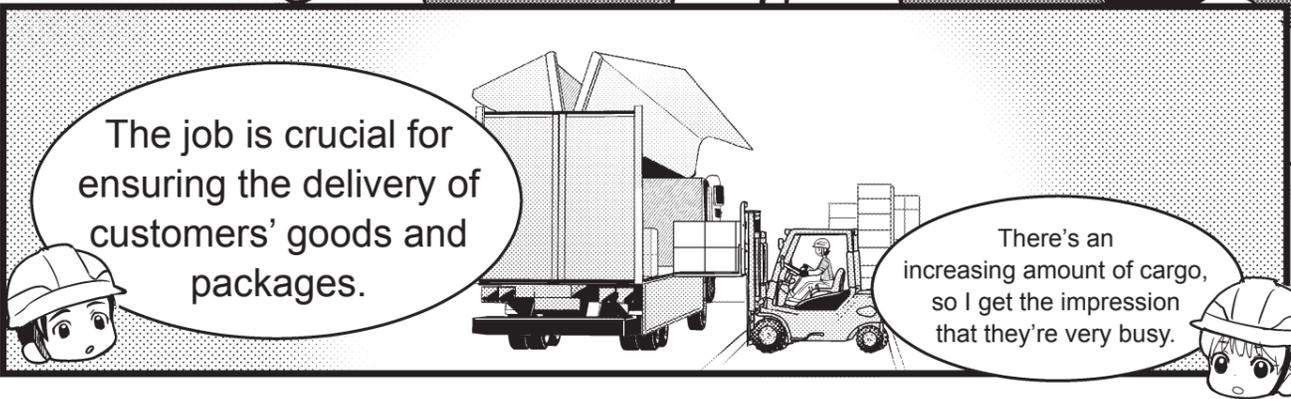


Today,
we'll learn about health
and safety in land freight
transportation!



It's a wonderful job
that supports society.

Totally!



The job is crucial for
ensuring the delivery of
customers' goods and
packages.

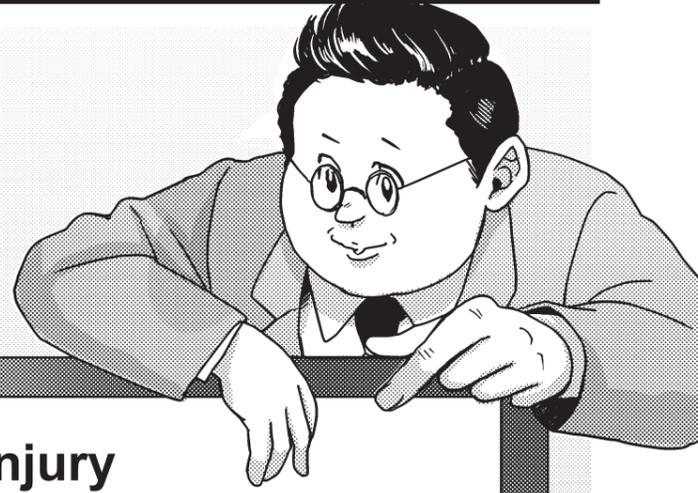
There's an
increasing amount of cargo,
so I get the impression
that they're very busy.



Let's find out
about this field's
industrial injury
occurrences.

Okay!

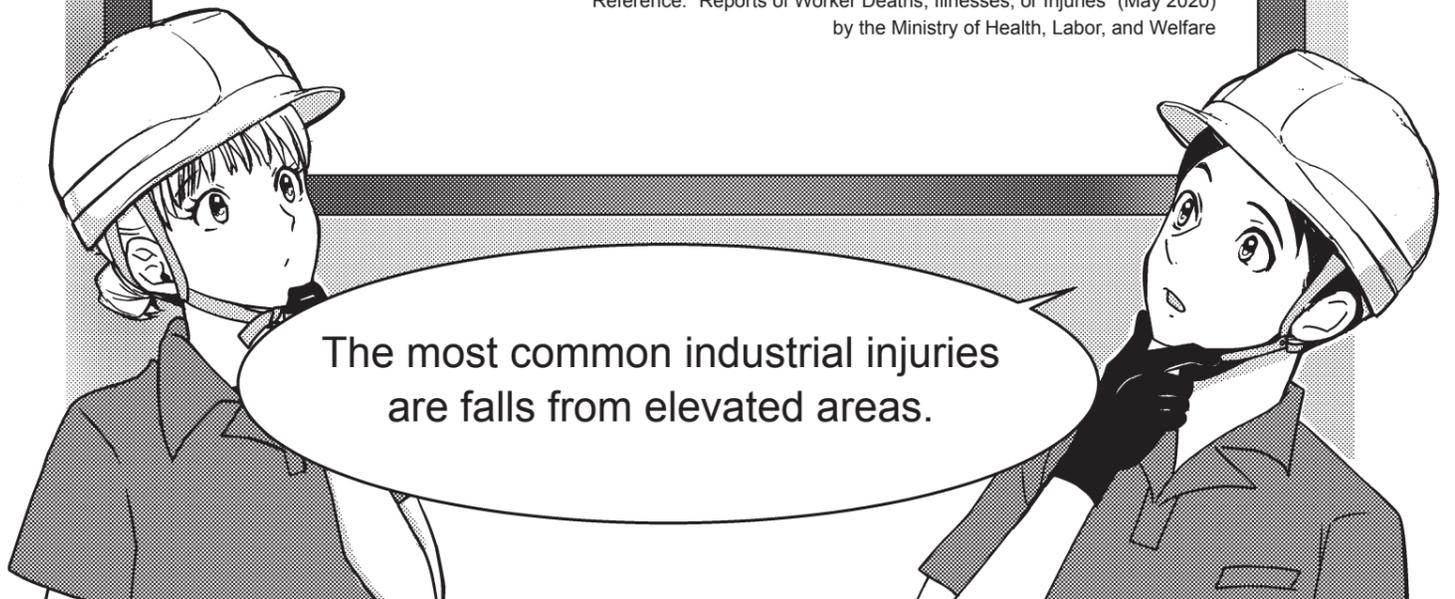
Let's look at
the main causes of
industrial injuries.



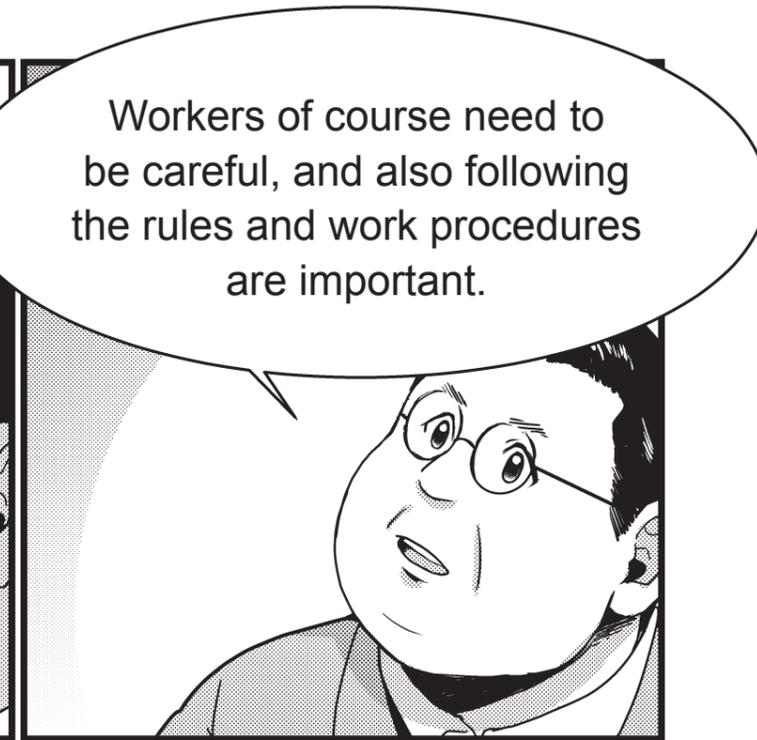
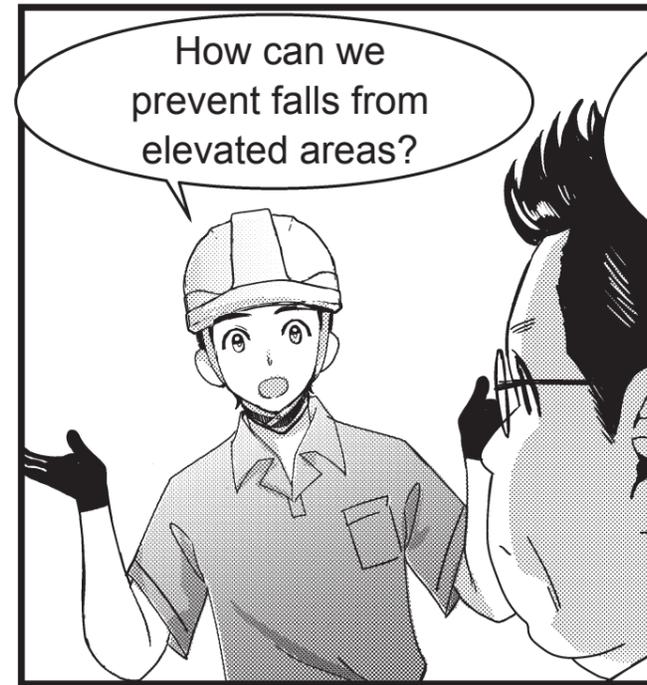
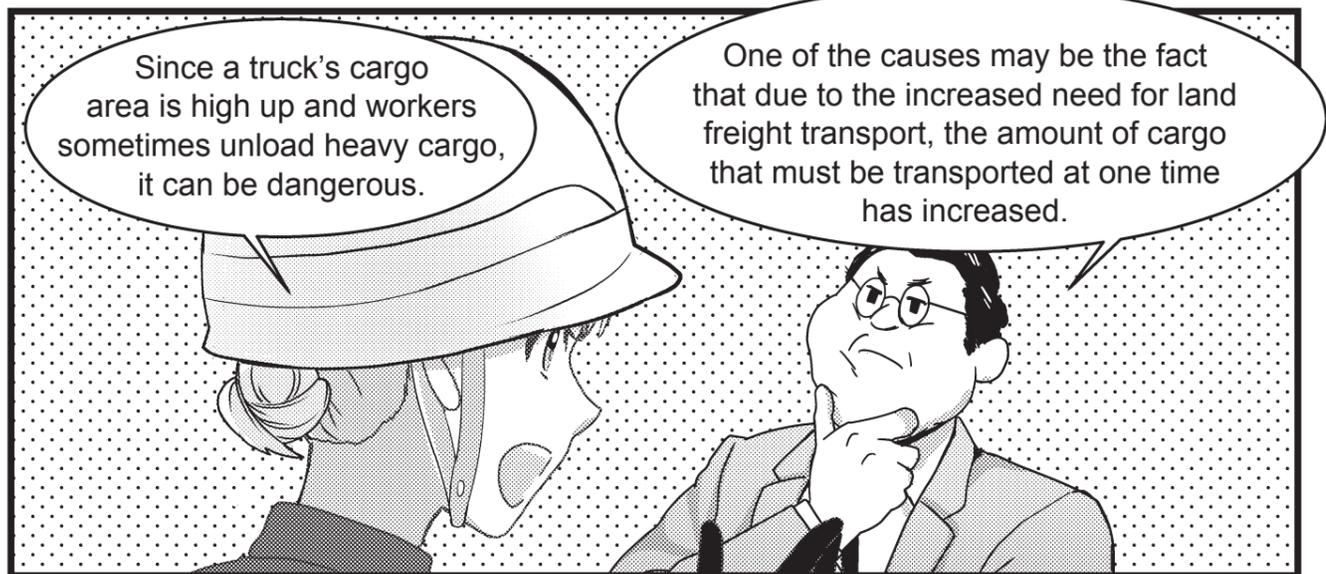
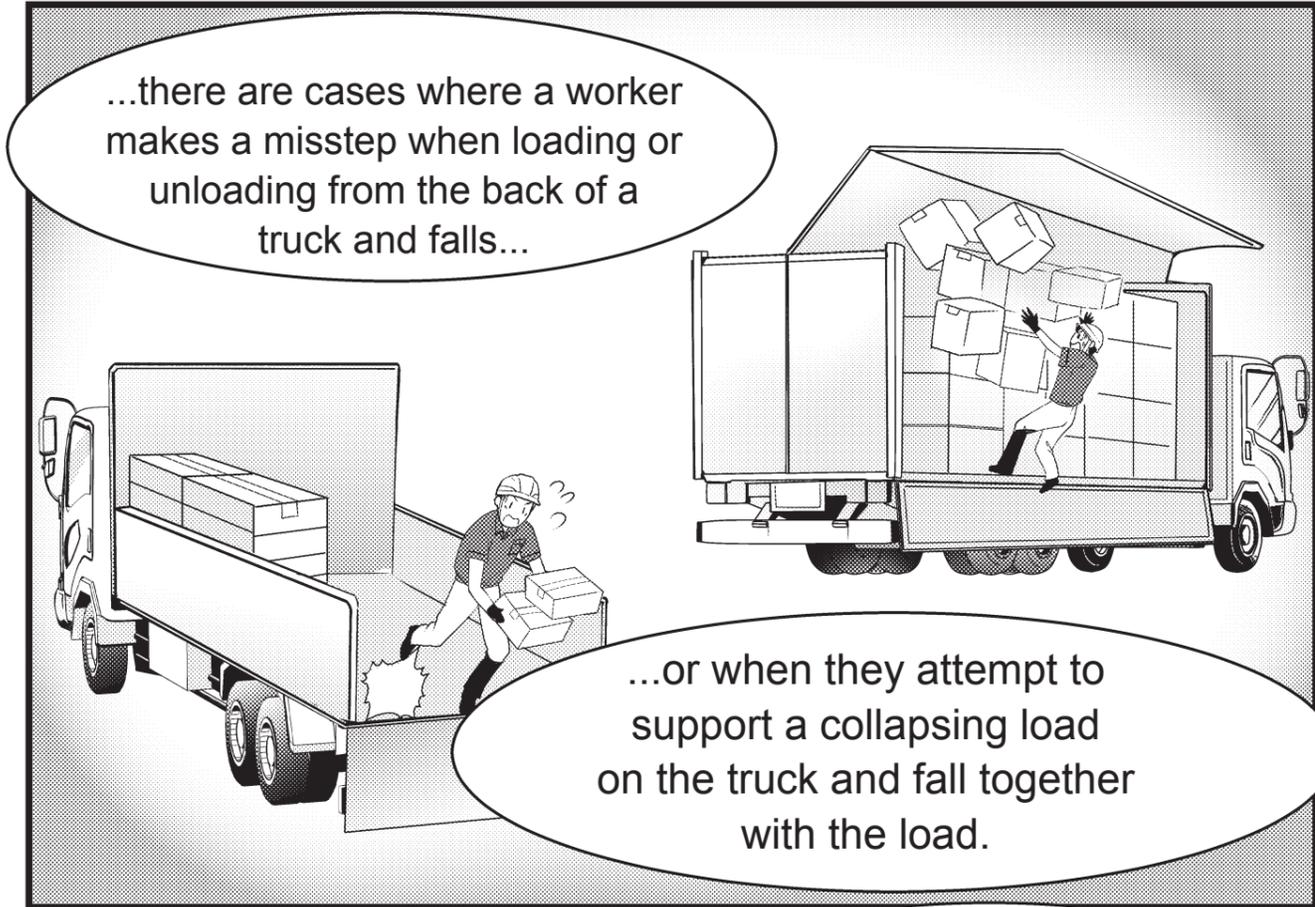
**Number of industrial injury
occurrences**

1	Falls from elevated areas	4279 people
2	Injuries from worker inattention/ recklessness or improper body mechanics	2475 people
3	Slip and fall accidents	2457 people
4	People or body parts being caught in, under, or between machinery or tools	1673 people
5	Collisions	1163 people

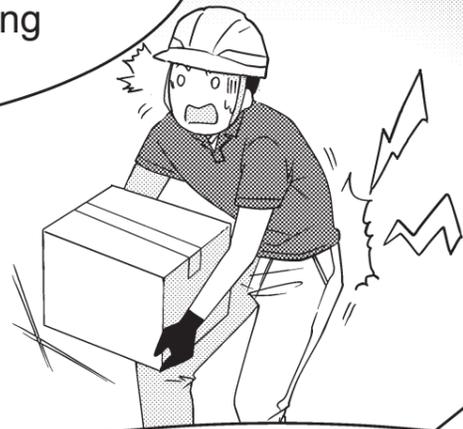
Reference: "Reports of Worker Deaths, Illnesses, or Injuries" (May 2020)
by the Ministry of Health, Labor, and Welfare



The most common industrial injuries
are falls from elevated areas.



The next one is injuries from worker inattention/recklessness or improper body mechanics. Workers could hurt their arms, shoulders, or backs when lifting or carrying heavy loads.



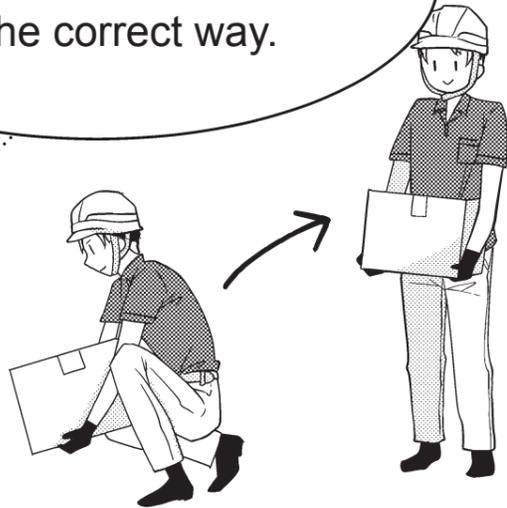
Especially when lifting heavy loads, back injuries can easily happen.

If you become injured and can't work, your family will worry and it could also result in lost income, too...

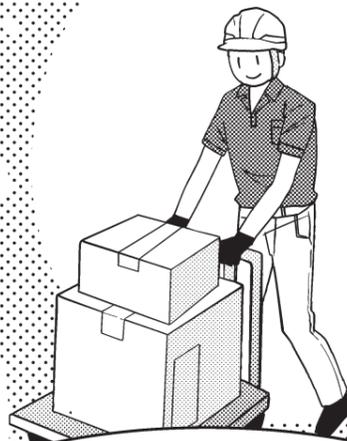


That's exactly why it's important to work with extra care.

When lifting or carrying heavy loads, make sure to use the correct way.



The correct way of holding and carrying loads also helps to prevent slip and fall accidents, so it's important.



When do slip and fall accidents happen?



One example would be when a worker carries more than they are safely able to.

They can't see their feet and could trip on uneven ground.



I see...



Now...

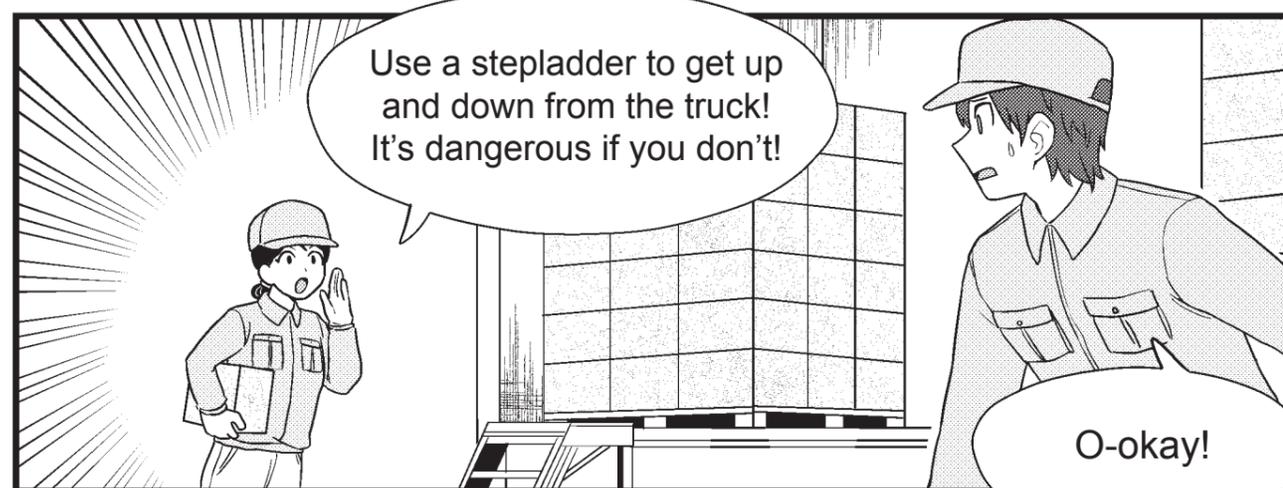
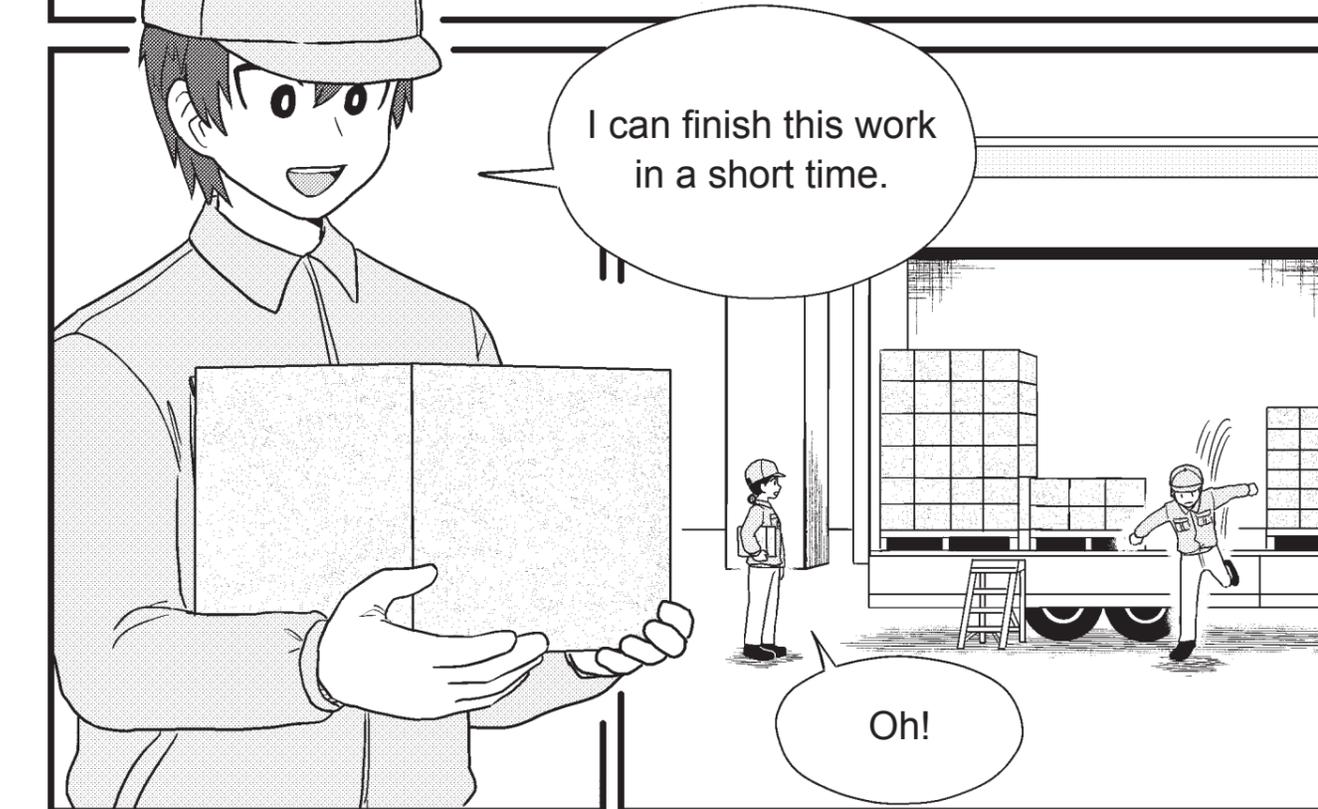
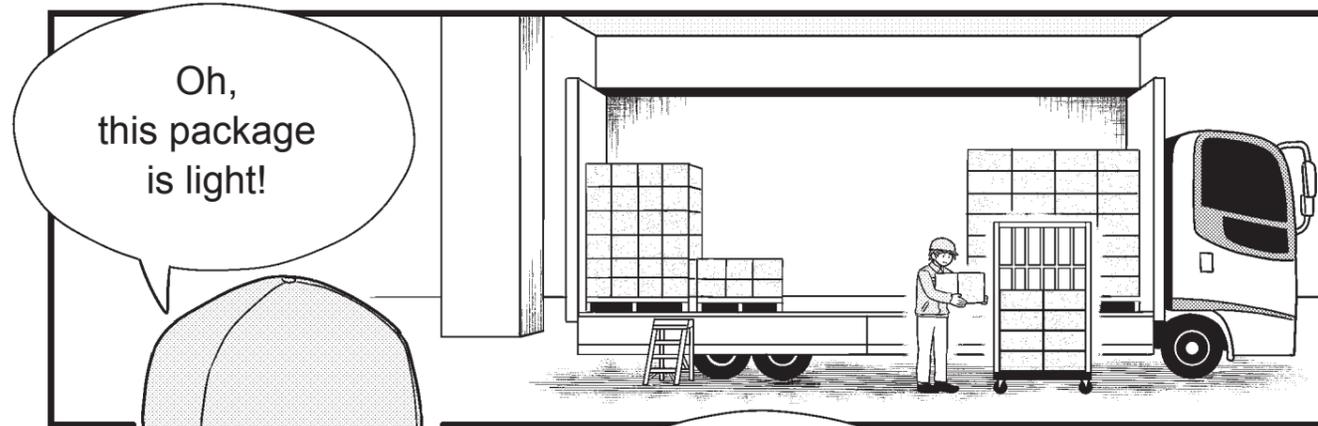


Let's take a look at...

...some actual cases!



CASE 1





Do not ever jump down from the truck!

Stepladders are there to help prevent falls.



I'm sorr...

There!



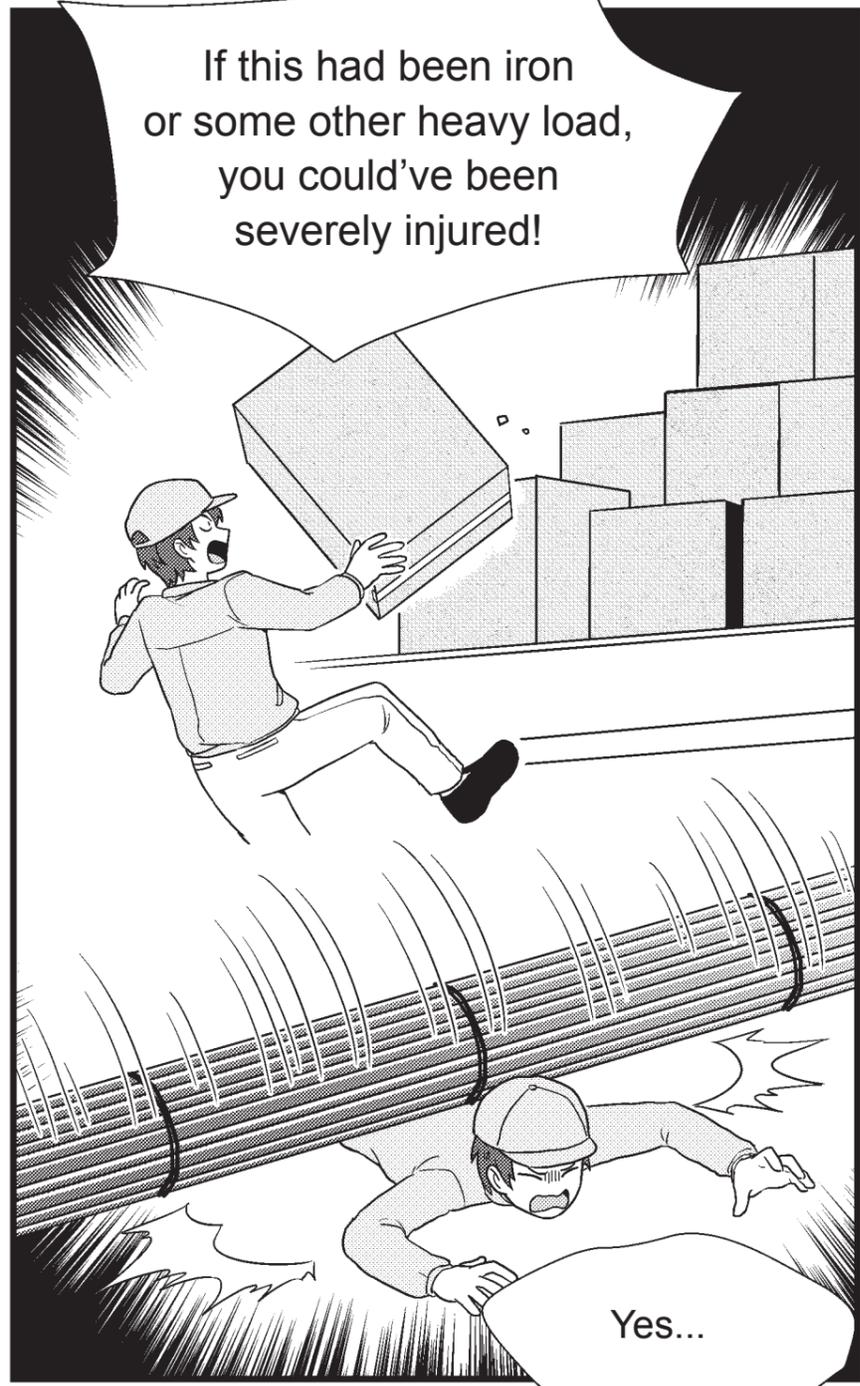
Ahhh!

It's gonna collapse!



I heard a loud noise! Are you okay?

K-kind of...



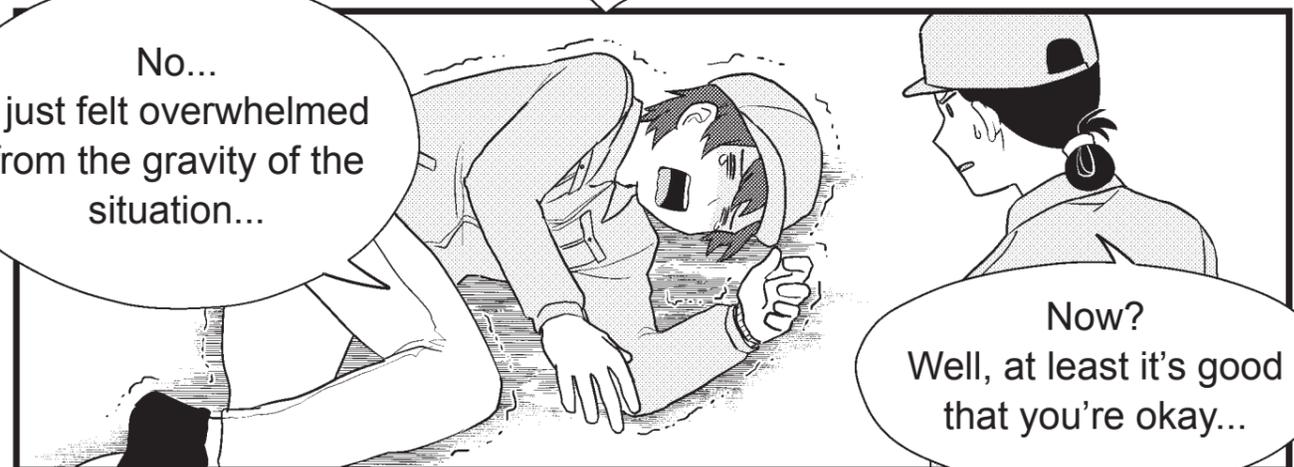
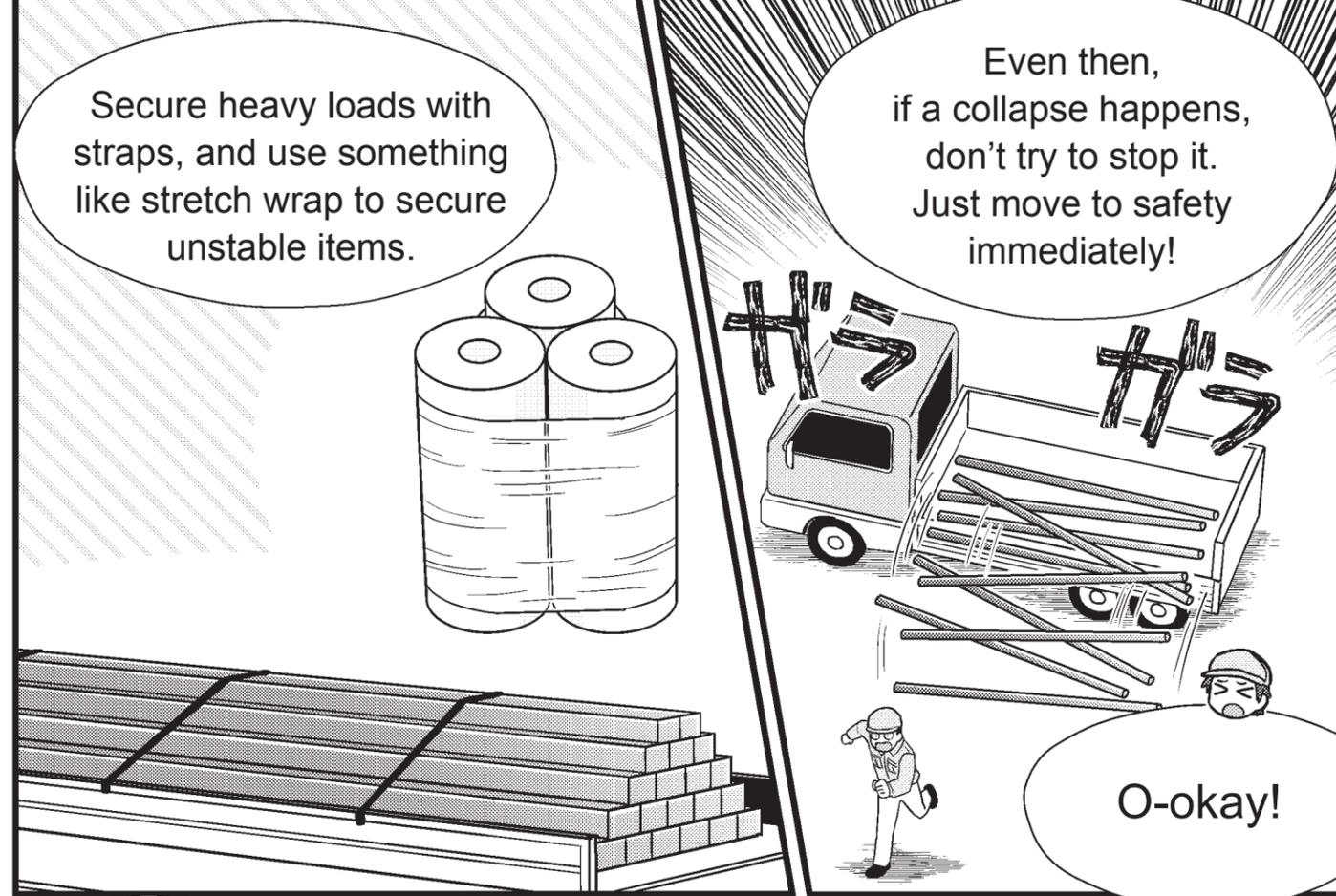
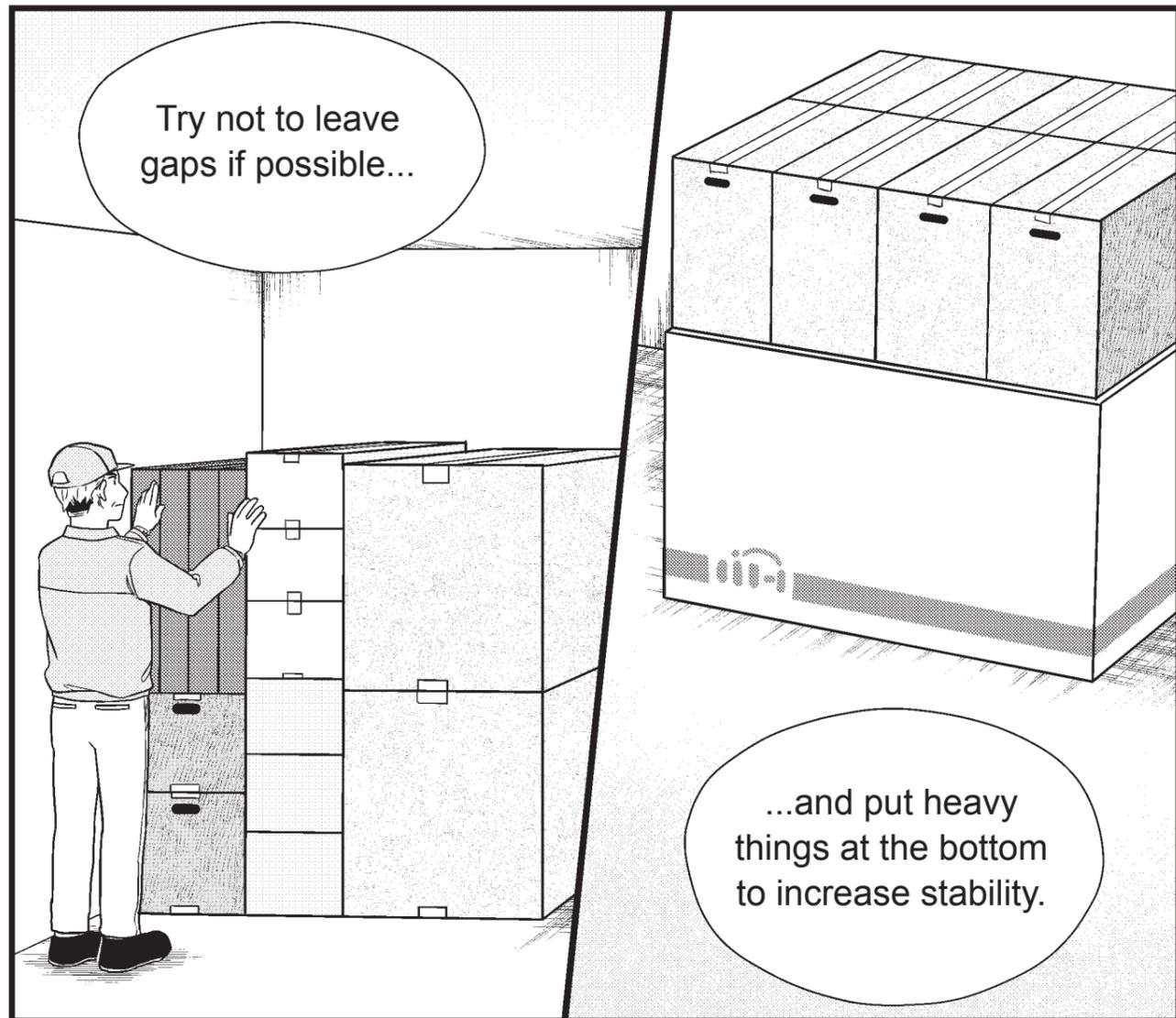
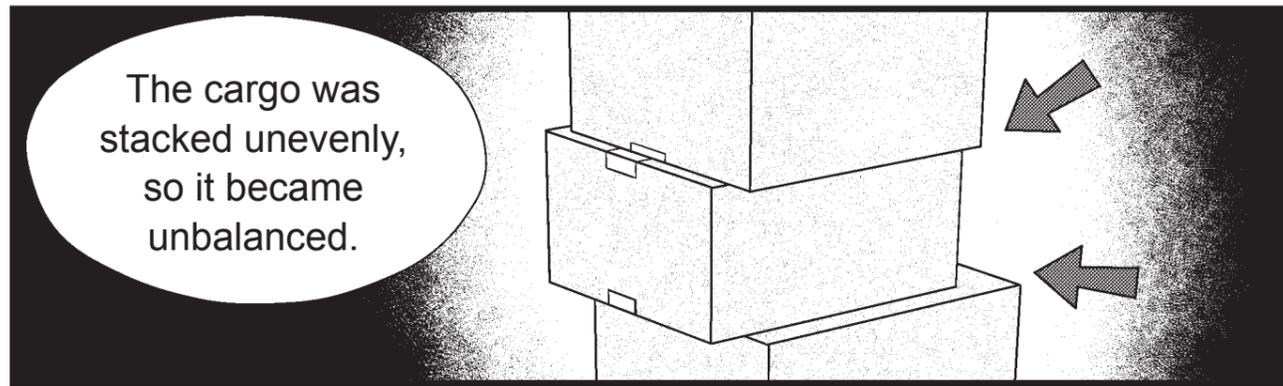
If this had been iron or some other heavy load, you could've been severely injured!

Yes...

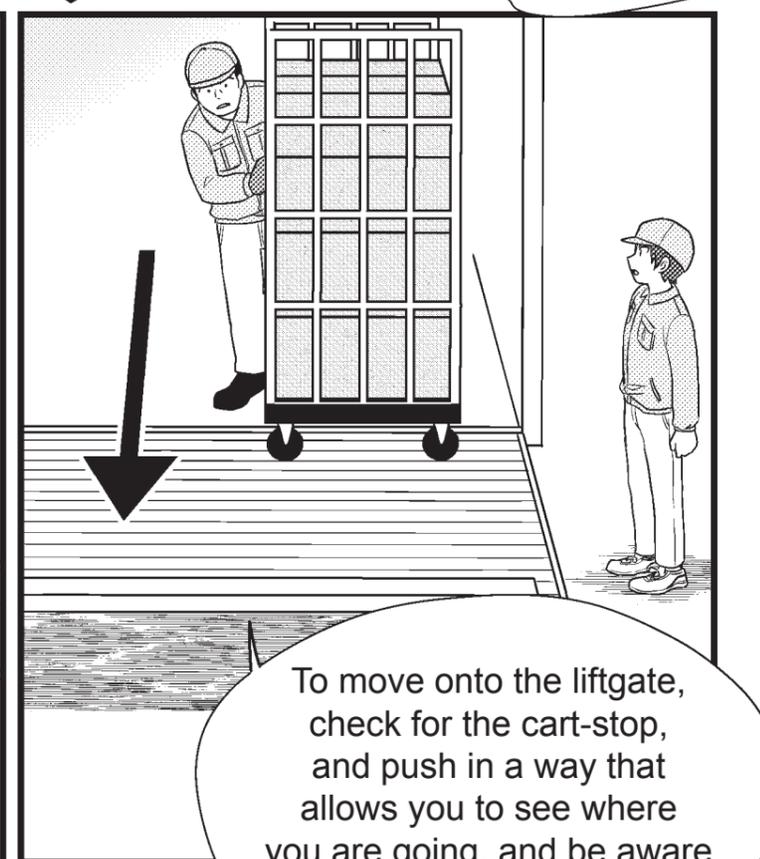
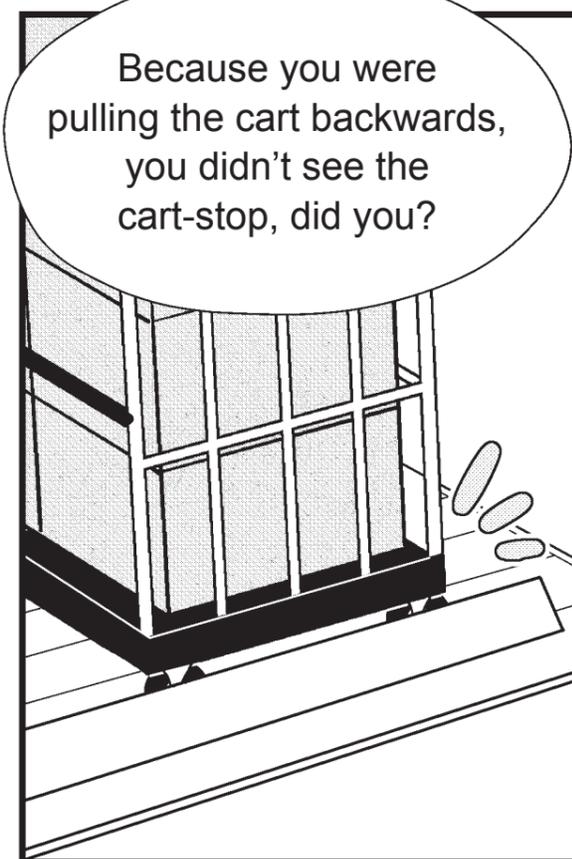
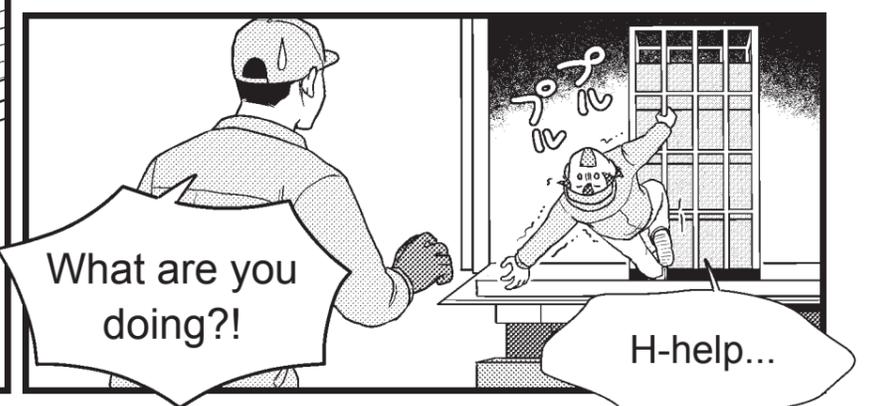
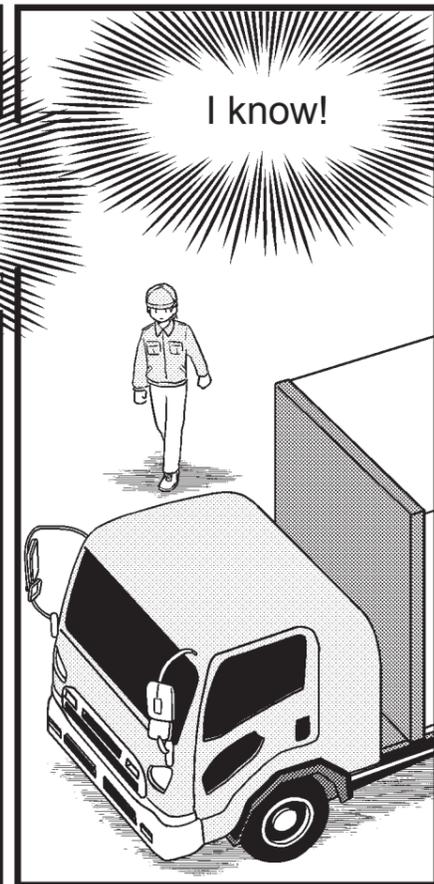


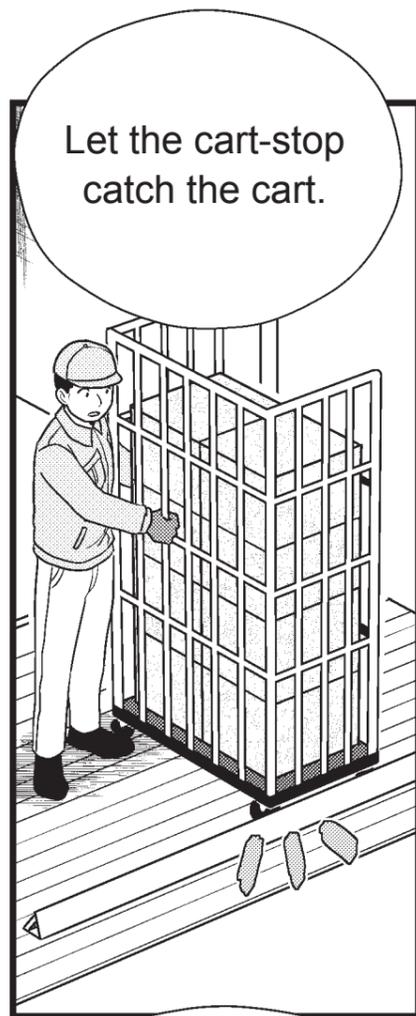
In the first place, the load collapsed because it was stacked incorrectly.

Hm? It was stacked incorrectly?

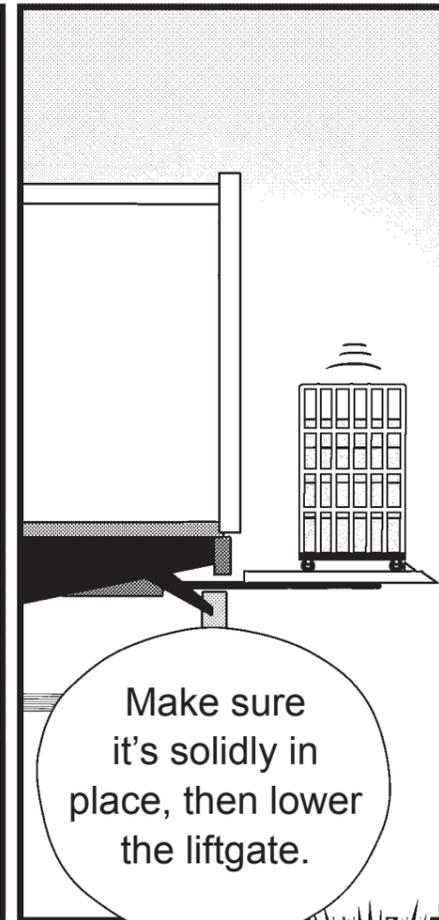


CASE 2





Let the cart-stop catch the cart.



Make sure it's solidly in place, then lower the liftgate.



Then let the warehouse staff handle from there.



Everything up until this point is the responsibility of the driver,

so can you take the utility cart into the warehouse?

Sure!



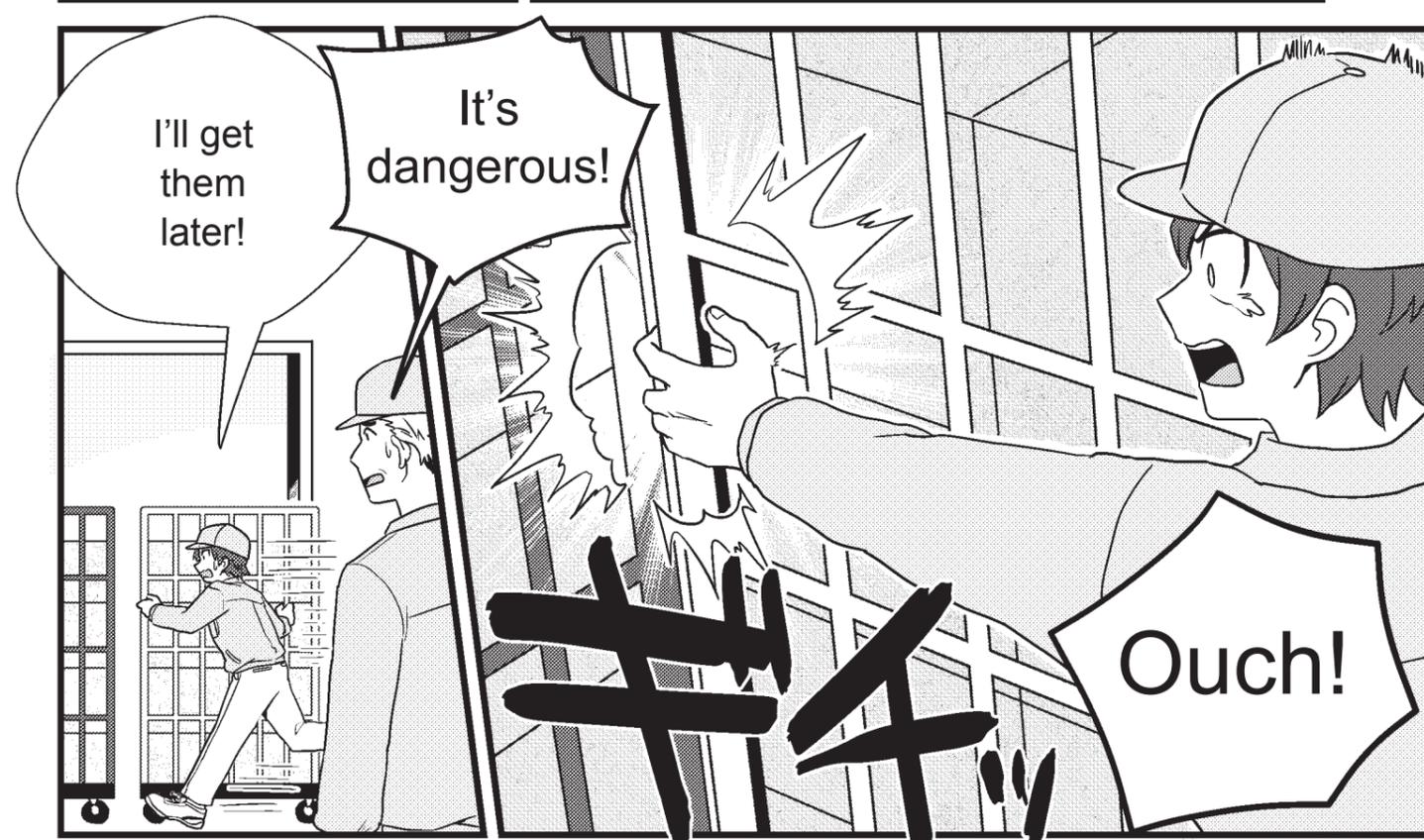
I'm going to do this without a mistake!



Hold on.



You're not wearing work gloves or safety shoes!



I'll get them later!

It's dangerous!

Ouch!



I just told you...

The cart was so heavy that I couldn't stop it...



If you had been wearing your work gloves, you would've been able to protect your hand.



Work gloves are made to prevent slipping, so they make it easy to handle a cart.



Most of all, it's important to handle the utility cart correctly.

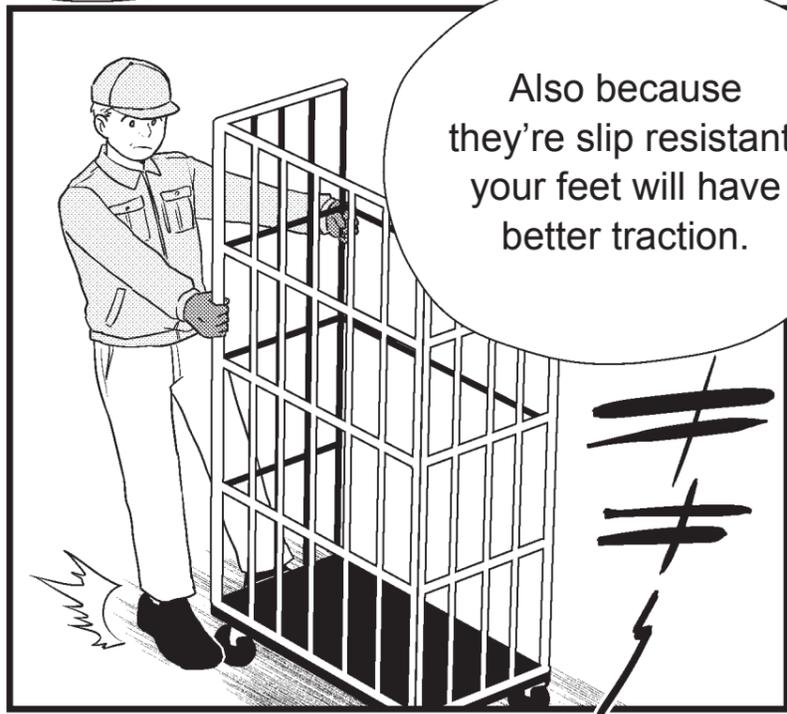


First, inspect the cart!

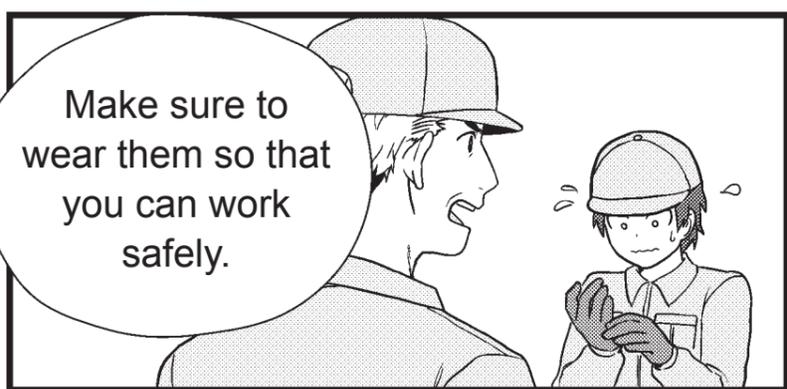
Wheels are in good working order!



Safety shoes protect your toes from the wheels of a cart.



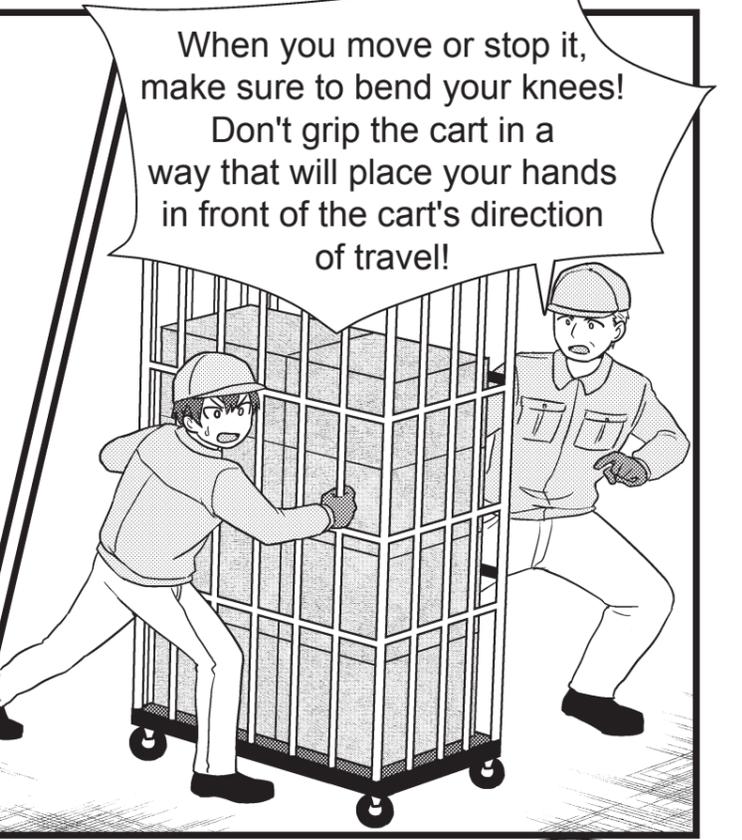
Also because they're slip resistant, your feet will have better traction.



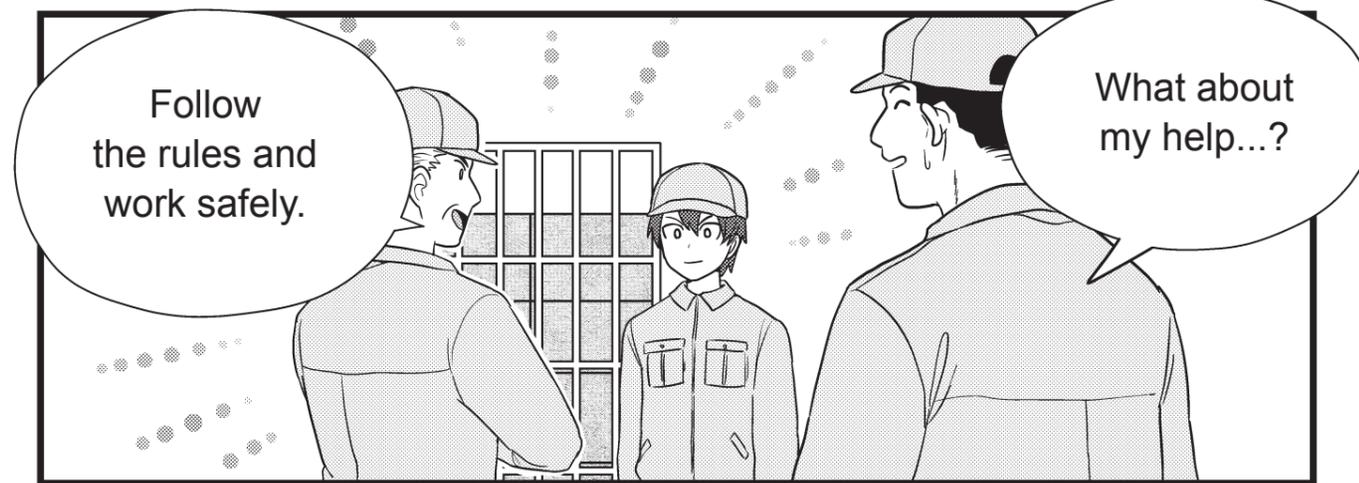
Make sure to wear them so that you can work safely.



Make sure to use both hands!



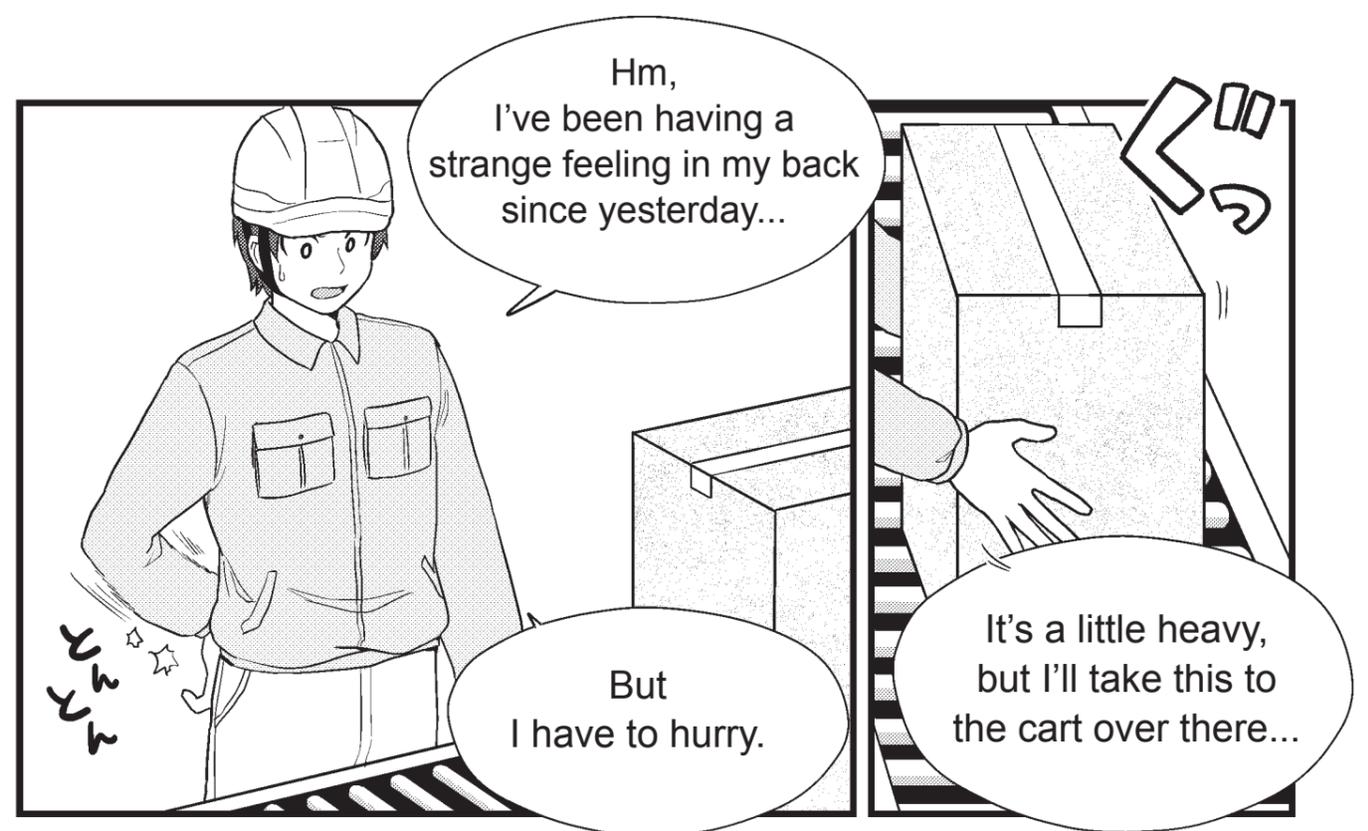
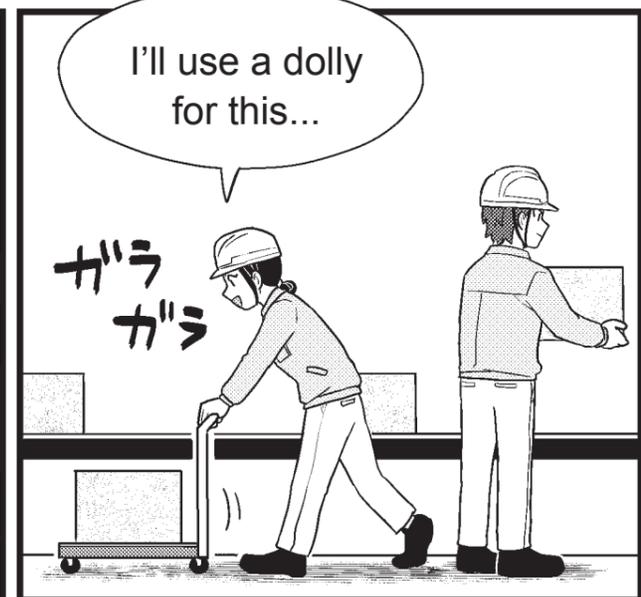
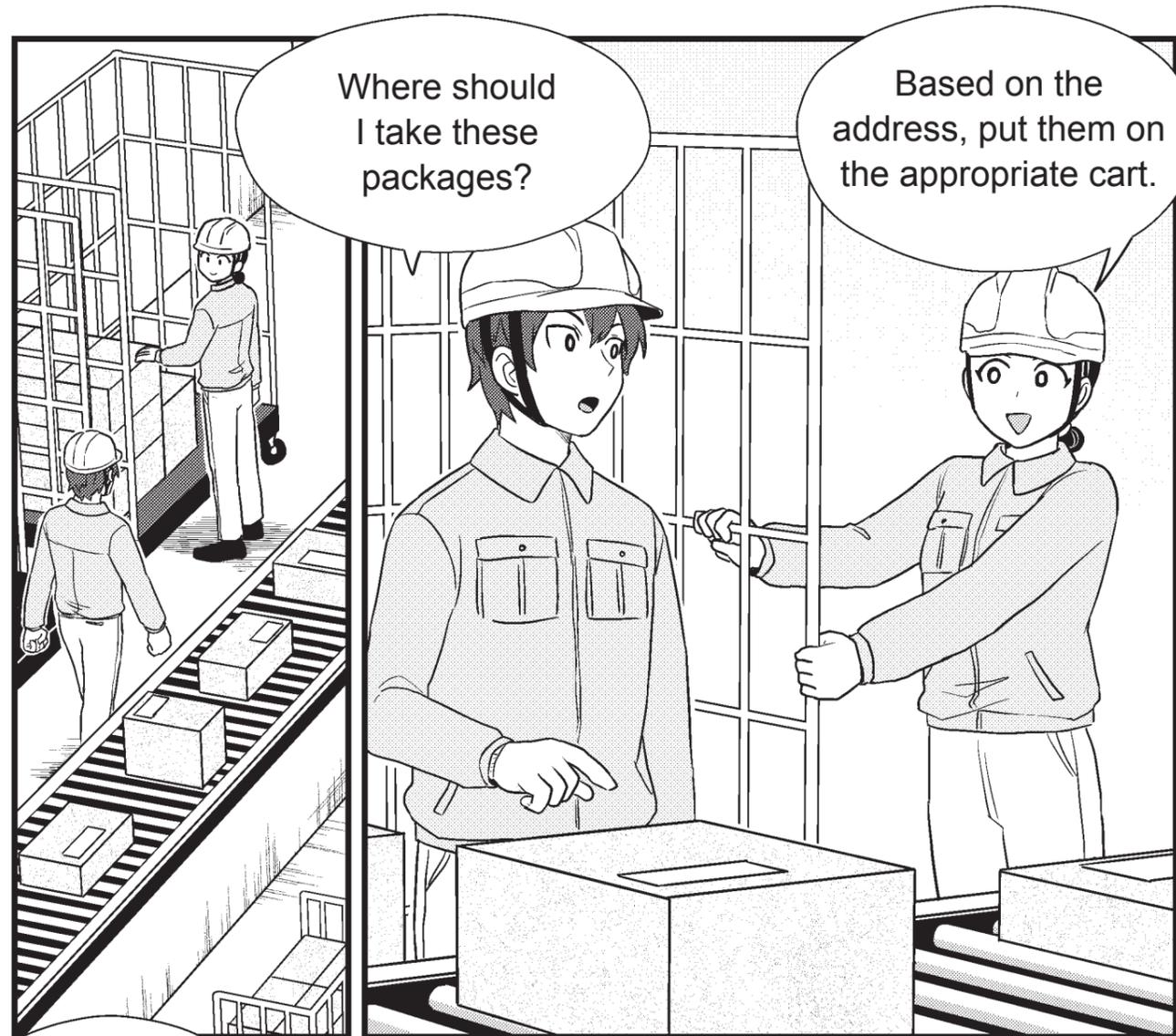
When you move or stop it, make sure to bend your knees! Don't grip the cart in a way that will place your hands in front of the cart's direction of travel!

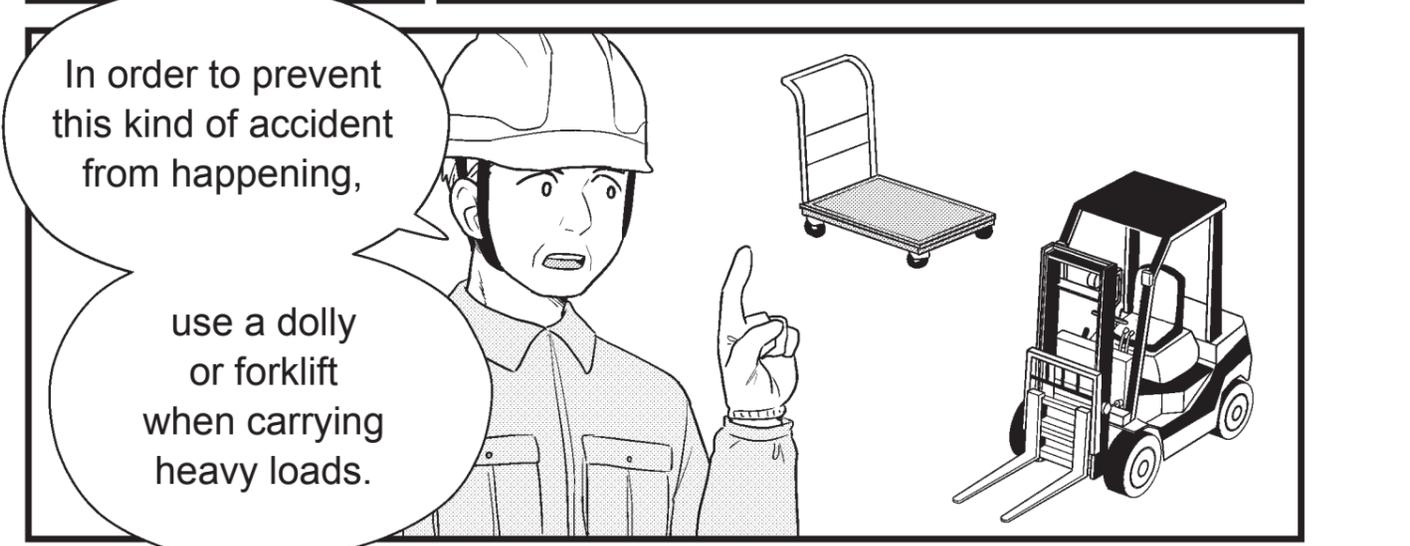
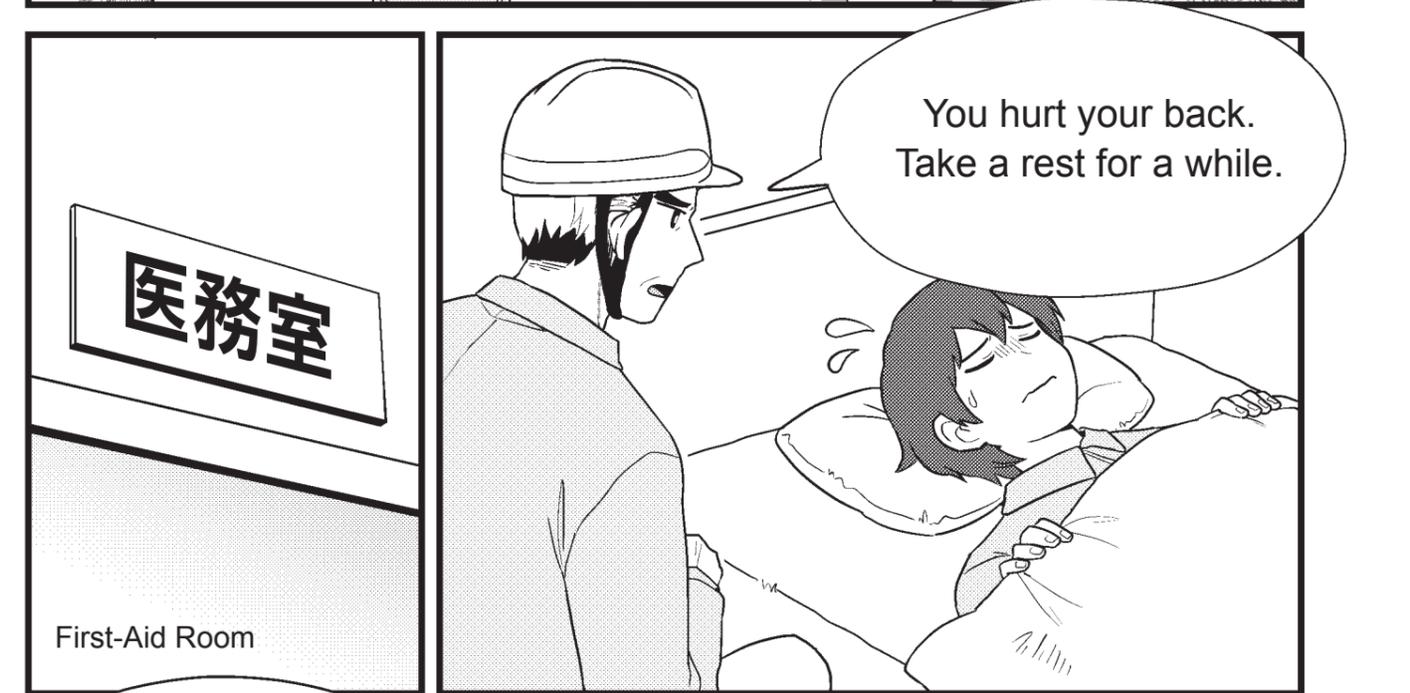
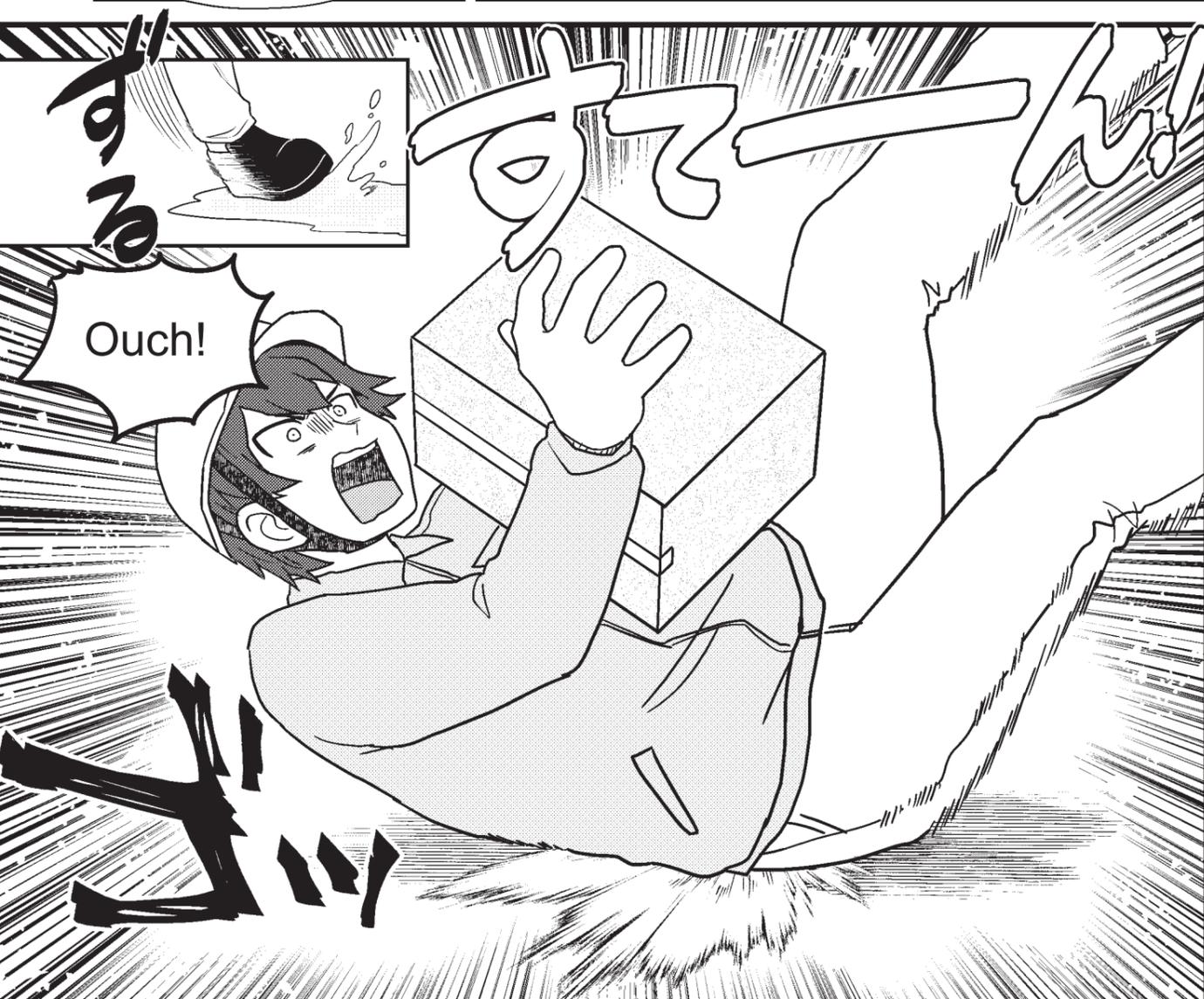
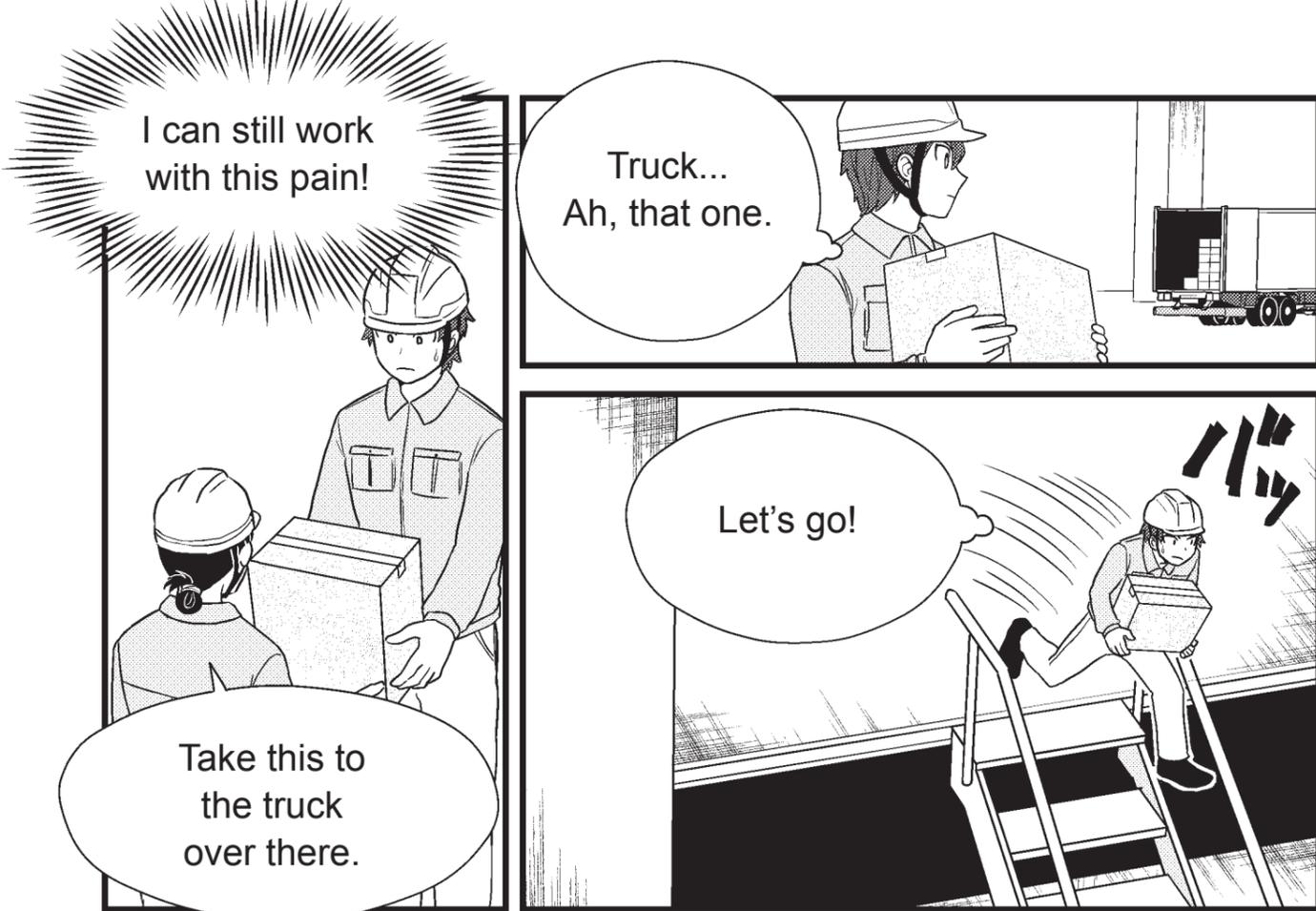


Follow the rules and work safely.

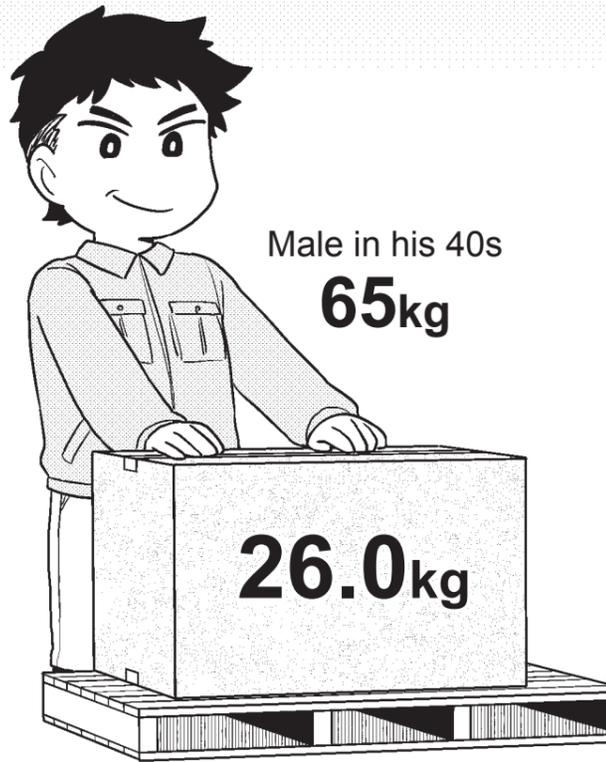
What about my help...?

CASE 3





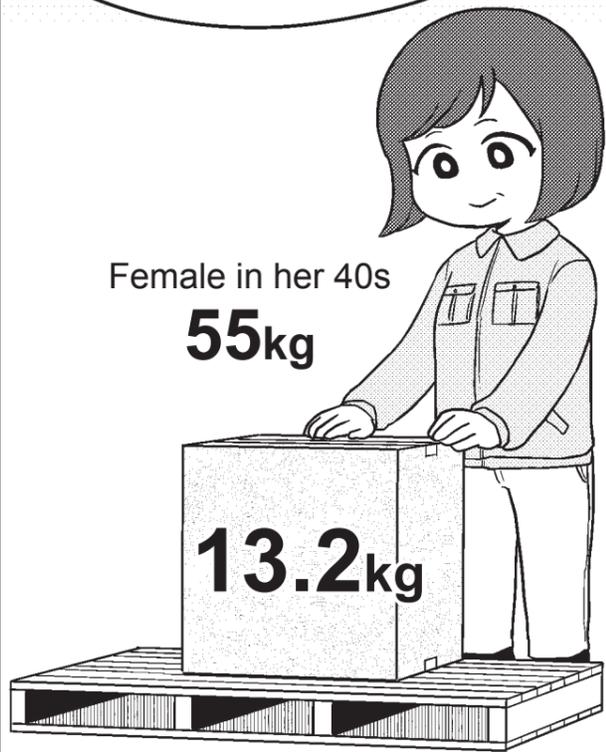
According to the "Guidelines on the Prevention of Lumbago in the Workplace," male workers should not carry anything heavier than 40% of their body weight unassisted.



Male in his 40s
65kg

26.0kg

For female workers, anything heavier than 24% of their body weight should not be carried unassisted.



Female in her 40s
55kg

13.2kg

Stretching on a regular basis is also good.



It's also important to follow the rules within the warehouse.



No running in the warehouse.



No going up or down stairs with your hands full.



No jumping from high places!



If you follow these rules, not only will you reduce your chances of back injury, you can help reduce the incidence of other accidents.



I...did all that...



Even then, if you feel any discomfort or pain in your body while working, report it immediately.

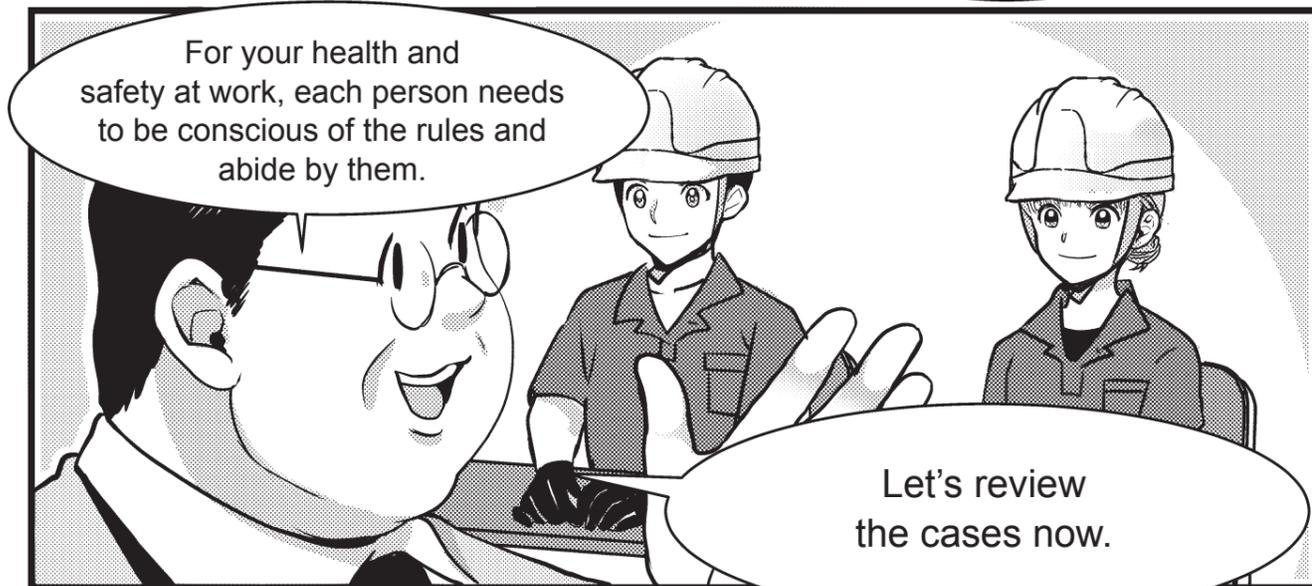
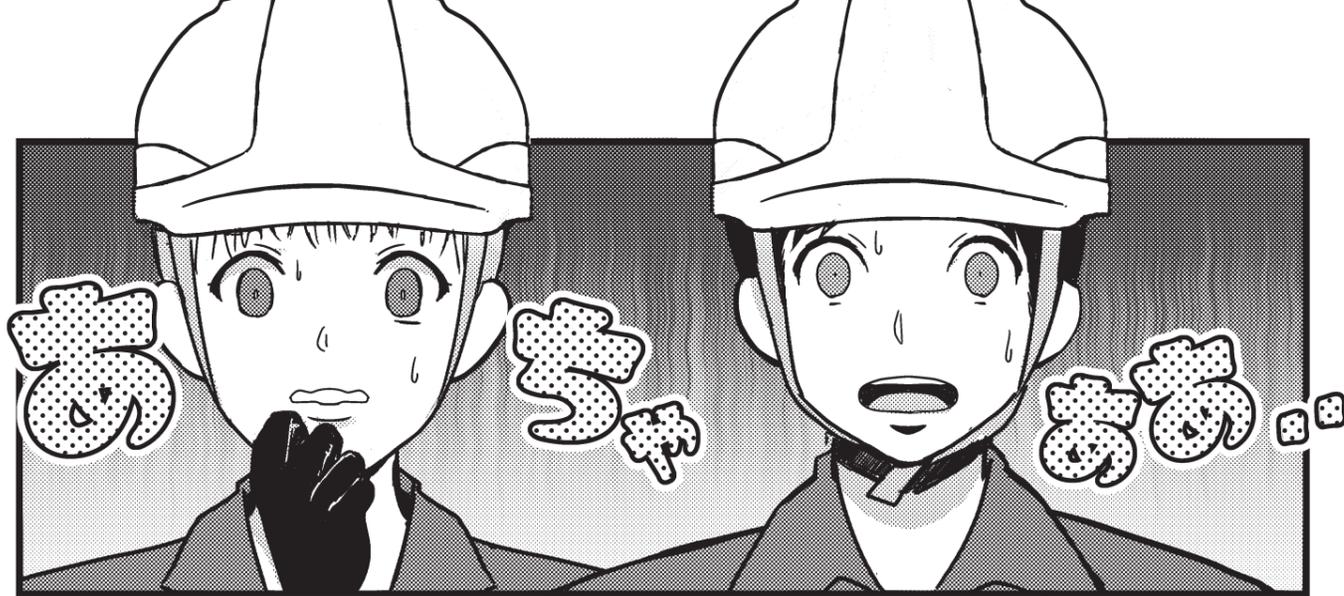


If anything happened, your family would be sad.



I'll be careful.





Precautions to remember when working in land freight transportation



1 Working on a truck



Climbing equipment such as stepladders should be used to get up and down from the truck's cargo area.

2 Utility cart crushing injuries



When using a utility cart, make sure to wear protective gear such as safety shoes and work gloves.

3 Back pain



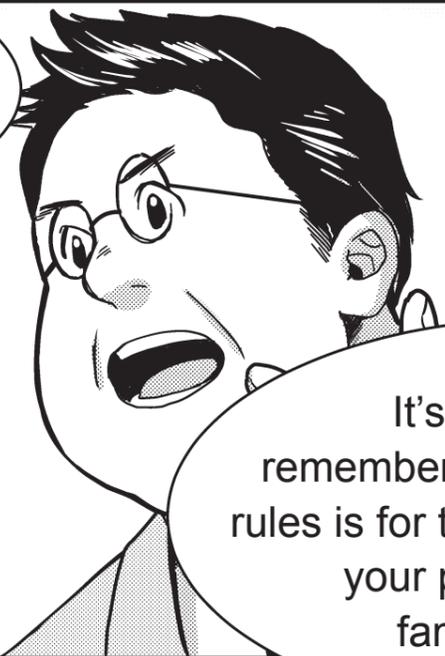
For heavy loads, don't overdo it and use a dolly for assistance.
* Refer to "Learn through Manga: Health, Safety, and Injury Prevention for Workers (common teaching materials)" for more details.

4 Slip and fall accidents in a warehouse



Do not run or jump from high places in a warehouse.

Industrial injuries could happen to anyone.



It's important to remember that abiding by the rules is for the sake of protecting your physical health, family, and life.

Daily communication at a workplace is also important in case something happens.



Okay!

I'll follow the rules and work hard every day!



Land freight transportation

Things to watch out for!

Tips for health and safety!



1 | How to correctly use a utility cart

Reference: "Industrial Injuries Prevention Manual for When Using Utility Carts" by the National Institute of Occupational Health and safety, Japan; the Ministry of Health, Labor, and Welfare

1 Pushing



The most basic handling method. You can handle the cart in a posture that can provide a lot of force.

2 Pulling



This method makes it easy to control the cart even in tight spaces. Since the handler stands where the cart is going, there is less contact risk to others.

3 Side pushing



Position yourself alongside the cart and push. It has good handling and you can see ahead well.

The initial motion to use is to "pull," then while the cart is in motion, you can use "push" and "side push" in combination. Make sure to always handle the cart with both hands.

2 | How to correctly stack cargo



Do not stack cargo higher than the handler's eye level.

3 | Heat stroke



Watch out for heat stroke inside and outside a warehouse!

* Refer to "Learn through Manga: Health, Safety, and Injury Prevention for Workers (common teaching materials)" for more details.

Learn through Manga

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Land Freight Transportation**

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