

Multiple deaths and injuries occur each year in Australia from loading and unloading trucks.
Ensure you follow the principles and actions outlined in the Load Restraint Guide to prevent such incidents.



ASSESSMENT

Understand the load and its characteristics



VEHICLE SELECTION

Choose a suitable vehicle for the load type and size



INSPECTION

Check the vehicle structures and restraint equipment are in good working condition and strong enough to restrain the load.



RESTRAINT

Use a restraint system that is suitable for the load



POSITIONING

Position the load to maintain vehicle stability, steering and braking



STABILISATION

Make sure the load is stabilised



SECURE

Make sure there is enough restraint to keep you and others safe



DRIVING ADJUSTMENTS

Allow for changes in vehicle stability, steering and braking when driving a loaded vehicle



CHECK THE LOAD

Check the load and its restraint regularly during the journey



SAFETY ABOVE ALL

Make sure you understand and use safe work practices when loading and unloading a vehicle.

