DON'T JUMP.

When you jump down from the cab of a truck or the back of a trailer, or a loading dock you risk a slip, a fall, or a musculoskeletal injury. Your body must absorb the impact of the landing.

The higher up you jump from, the greater the impact of the landing on your body. Usually it's your lower back, knees, or ankles that suffer the damage. As anyone who has had one knows, these types of injuries are often lifelong. They can continue to cause discomfort long after they've healed.

The impact force of jumping from the bottom step of a truck compared with jumping from the floor level or seat level can increase from 1 – 1.5 times your body weight to 5 – 7 times your body weight.

Jumping from the loading dock to the pavement below creates an impact force of 5 to 7 times your body weight. Imagine 180 pounds of weight, with a impact force of 1260 pounds.

Jumping between the side of the truck and the building in a tight space, landing on uneven payment is creates an even great opportunity to injure not only your knees, but also your ankles and back.

The impact force will also increase if the landing area contains a hard surface or is in a tight space compared to if it contains soft soil, mats, or foams that allow the impact force to dissipate.

Spine and Joint Injuries.

The high impact force of jumping down increases your risk of seriously injuring your lower back and lower limbs. The force of landing on the ground intensifies the shock or impact load on the spinal column, which can lead to increased bone-on-bone compression forces.

SLIPS AND FALLS.

Another risk from jumping off a trailer or from a truck cab or a dock is a slip and fall injury after the attempted landing.

The higher the jump distance, the higher the landing force.

In order to maintain balance and prevent a slip or a fall, the contact friction between your feet and the ground must be high upon landing. If the friction is low, a slip or a fall can occur. You do not have the equipment to make the leap. You are not in need or condition to jump four feet to the ground and risk injury.

The risk of a slip and fall injury will also increase if you land on a slippery surface such as ice, mud, or waste materials on the ground. Landing awkwardly on an uneven surface can lead to ankle and knee injuries from torn muscles and tendons or worse.

Research has shown that repetitive bone-on-bone impact is a direct cause of spinal disc degeneration and other soft-tissue back injuries. The force of landing can also cause a similar bone-on-bone effect in your joints, such as your knees and ankles.