

# The Safety Flyer

No. 241  
16 March 18

## Reminder: Safe Work Practices for Securing Twitch Bars

### Background

Yesterday a cartage truck driver sustained multiple fractures to his right ankle while in the process of rechecking the belly chains on his load. This occurred because the twitch bar was not far enough onto the twitch when he pulled the twitch down. This resulted in the twitch bar slipping off the twitch, which caused the driver to slip and land awkwardly on his right foot.

### Safe Work Practices for Securing Twitch Bars

Do not use explosive twitches.

Always lock the twitch tensioner bar handle securely into the correct position on the twitch before applying any downward pressure.

Always check that the twitch tensioner bar handle is at the position of no more than 3 'o'clock before securing the belly chain into place. Loosen another link on the chain if required.



Stand to the side and back or side and front onto the load before pushing down.

Maintain good footing while tensioning the twitch.

Ensure your face/head remains clear of the area where the bar or handle moves.

Only use your shoulder weight, **never use your full body weight!**

Always maintain a firm grip on the twitch bar.

### Cartage Contractors must ensure that:

- A copy of this safety flyer is provided to and discussed with all cartage drivers and the above safe work practices are reinforced.