

REAL LIFE LESSONS

FROM TRUCK DRIVERS INJURED AT WORK



WAIT A MINUTE VINES

Those of us who have spent any time at all walking through the woods quickly learned that there are natural paths through the underbrush. The animals know it and that is why they will routinely follow that route. It's easier for them, and it is easier for humans. But even so, we are sometimes tempted to take what appears to be the shorter route only to learn that another reason why animals follow natural paths is because it is also quicker.

It always seemed to me that the vegetation which presented the greatest resistance was simply a vine. It did not have to be large. In fact, most often the vine was small, but usually there were several of them and if you grabbed them it was almost like grabbing a rope. These vines had the ability to stop your movement. For lack of a scientific, biological name, most people referred to them as "wait a minute vines." As unscientific as it may be, that name is a perfect description of the plant. Tug, pull, cuss and fall on the ground, the "wait a minute vine" will slow you down.

Todd found out last month that "wait a minute vines" also exist in the cab of his truck. No, his truck is not a botanical zoo with tropical plants, but he did experience the same tug, pull, cuss and fall on the ground that "wait a minute vines" are known for.

He was in the process of exiting his truck and was motivated to do so because he was ready to get out and stretch. When Todd opened the door and began to step out of his truck his loose shirt tail became entangled with the seat belt connector. It twisted as he turned to back down the steps of his truck. When this happened the shirt tail functioned just like a "wait a minute vine" and Todd lost his balance, subsequently falling from his truck. He hit his head once on the door and a second time on the pavement.

REAL LIFE LESSON

Life can sometimes seem to be an endless journey of getting caught up in "wait a minute vines." It can be the toe of a shoe, the edge of a rug, the root of a tree or, in Todd's case, a shirt tail. The best defense against these hazards is to go on the offense. Continuously anticipate what could happen and consequently remain alert.

Todd's attention was directed toward what he was going to do **after** he exited his truck. As a result, he never considered the fact that his shirt could turn into a "wait a minute vine" and cause him serious injury.