

# Safety Short

## FALL PREVENTION ENTERING AND EXITING EQUIPMENT

Falling while mounting or dismounting truck cabs, heavy equipment, truck bodies, or trailers can cause serious injuries. Many knee, ankle, back and shoulder injuries have been the result from jumping from equipment onto uneven ground or surfaces.

The biggest cause of falls from a vehicle is human error and failure to follow the “Three Points of Contact Rule”. The Three Points of Contact Rule requires three of four points of contact with the vehicle to be maintained – two hands and one foot, or both feet and one hand. This system allows maximum stability and support, reducing the likelihood of slipping and falling.

There are important steps that can be taken to prevent mounting or dismounting injuries with use of the Three Point Rule being most important.

### What the Employer can do:

- Evaluate every truck and piece of equipment. Provide additional steps, non-slip surfaces and hand holds where necessary.
- Maintain steps, contact surfaces and handholds in useable condition. Inspect frequently.
- Instruct all workers in safely mounting and dismounting equipment, including the 3-point contact method.
- Install warning decals or signs in the cab or on the door of trucks and heavy equipment reminding workers to use 3-point contact.



### What the Operator can do:

- Keep steps, ladders and standing surfaces free of snow, mud and debris. Report damage immediately.
- Don't use tires or wheel hubs as a step surface.
- Don't use the doorframe or door edge as a handhold.
- Wear footwear with good support and good slip resistance tread.
- Don't climb down with something in your hand. Leave it on the vehicle floor and retrieve it after getting safely on the ground.
- Don't rush to climb out after a long shift. Descend slowly to avoid straining a muscle.
- Be extra careful when working in inclement weather.
- Exit and enter facing the cab.
- Get a firm grip on rails or handles.
- Never Jump! You may land on an uneven surface or off balance. Look before exiting.

*\*Always follow the Three Point Rule\**