



RISK REMINDER

October 2021

Name: _____ Company: _____

Entering and Exiting a Vehicle: Preventing Slip/Trip/Fall

NEVER JUMP OUT OF A VEHICLE CAB OR TRAILER!

ALWAYS MAINTAIN 3-POINT CONTACT:

Three-point contact is when you have 2 hands and 1 foot, or 2 feet and 1 hand in contact with the vehicle at all times.

- Always when entering or exiting your truck, no matter what the weather, always use 3-point contact.
- Always face the cab when entering or exiting.
- Always use parts designed by the manufacturer for mounting and dismounting.
- Always make sure the cab steps or trailer ladders are free and clear of snow, ice or mud.
- Always look for obstacles on the ground before exiting.
- Always inspect hand holds, ladders and rungs to ensure they are in good condition.



Questions - True or False:

1. Always jump out of the cab of a truck, its quicker? ____
2. Maintain 3 point of contact when entering and exiting a truck? ____

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