



# RISK REMINDER

March 2023

Name: \_\_\_\_\_ Company: \_\_\_\_\_

## Avoiding Slip and Fall Injuries When Entering and Exiting

The biggest cause of slips or falls from a vehicle, piece of equipment (forklift or trailer) or ladder is failure to follow the Three Points of Contact Rule. This rule is a system where three of your four limbs are in contact with the vehicle at all times and forms a triangle of anchor points, which changes in form when mounting or dismounting a vehicle.

Falling or slipping while getting into or out of a truck or tractor cab, mounting and dismounting trailers, or while ascending or descending a ladder, is a primary way drivers get seriously hurt. Non-fatal accidents such as head injuries, knee, ankle, shoulder, neck, back sprains and strains result from jumping off or a foot slipping from a vehicle/equipment to the ground. A person falling or jumping from a height of four feet would hit the ground with a force of between seven and twelve times their body weight.

You can reduce your driver's risk of falls by training them on the safe work practices we have listed below:

- Maintain three points of contact whenever ascending, descending, entering or exiting your truck or equipment. Maintain three points of contact until you have safely entered the truck cab or are standing on stable ground. Never attempt to exit the truck with your back facing the cab.
- Only use the handles and steps built into the truck while ascending and descending.
- Wear footwear with good support and that is slip resistant.
- Do not hold your cell phone, paperwork, lunch or other items when ascending or descending from the truck. Reach back in and grab them or place them inside before climbing while on the ground.
- Keep steps, handles, ladder rungs and standing surfaces free of snow, ice, mud and debris. Report any damage immediately so the item can be repaired or replaced as needed.
- Before exiting your truck cab or descending, scan the ground for uneven surfaces, holes, water, snow or ice that could cause you to slip. Use a flashlight if it is dark.
- Take extra caution to avoid entering and exiting where curbs or objects that could cause you to trip or twist your ankle.
- Try to avoid making sharp pivots the moment when stepping onto the ground. Instead, give yourself enough space to be able to take a few steps forward, before pivoting.
- Never jump or hop from an elevated surface on your truck.

Familiarize yourself with these items and always maintain three points of contact when entering or exiting.

### Test your Knowledge

1. What is one of the most important actions to take when ascending and descending?
2. What should you do before exiting a cab?



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