



# RISK REMINDER

November 2025

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

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

### ALWAYS MAINTAIN 3-POINT CONTACT

- When entering or exiting your truck, no matter what the weather, always use 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 face the cab when entering or exiting.
- Never jump out a vehicle cab or trailer.
- Never try getting in or out of the vehicle with your hands full.
- Make sure the cab steps or trailer ladders are free and clear of snow, ice or mud.
- Always be careful when walking on or in the trailer if the weather conditions are wet.



### 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. \_\_\_\_