



SHIFT BRIEFING



ENTERING & EXITING VEHICLES & HEAVY EQUIPMENT BEST PRACTICES

Now that the snow and ice season has passed, it is natural to let your guard down when getting in and out of vehicles and heavy equipment. However, some surfaces can cause slips and falls beyond snow and ice, these include:

- Wet leaves at mulch piles,
- Standing water on streets and parking lots,
- Spilled fluids in our service bays,
- Loose stones/gravel in lots, or
- Mud or sand.

Do Not Let Your Guard Down

Once a driver slips when entering or exiting, it is largely a matter of chance whether the driver:

- Slips and catches themselves.
- Slips and tears a shoulder muscle trying to catch themselves.
- Slips and hits their head on the metal step and sustains a major head injury.

The skill lies in developing the good habit of getting out of a truck the proper way, every time. The proper way to enter and exit is to:

1. Hold onto the steering wheel or handles on the cab of the vehicle while stepping out onto the top vehicle step. Minimize twisting of the torso as you step out.
2. Slowly turn to face the vehicle.
3. While having both feet on either the cab floor or vehicle step, adjust handholds so you can take second and third steps down from the cab.
4. Make sure both hands have a good grasp of a sturdy handhold as you step onto the ground. Pause for a second to ensure good footing before releasing handholds.

Maintain 3 Points of Contact at All Times.

Only 1 Hand or 1 Foot Should be in Motion at a Time.

ASK: Is there any truck, in your view, cannot be exited in this manner?

If there is, go to the truck and find out how to use 3-points of contact when exiting.