3 is key: Safe entry and exit
Follow these steps to safely climb into and out of trucks, tractors, and other large vehicles.

1. Use secure points of contact (steps, running boards, hand- and foot-holds).

2. Keep one hand and two feet—or two hands and one foot—on the vehicle at all times.

3. Break contact only when you are safely on the ground or in the cab.

More tips:
• Never enter or exit a moving vehicle.
• Move slowly and steadily, especially in bad weather.
• Face the vehicle while climbing up or down.
• Never jump off the vehicle.