Climbing in and out of trucks, tractors, and other large equipment might seem like a simple task, but doing so safely takes focus and caution. Follow these tips to avoid injury:

**Never enter or exit a moving vehicle.**

**Move slowly and steadily** to avoid slips and falls, or striking other objects.

**Always mount or dismount facing the vehicle.**

**Never climb or descend with anything in your hands.**

**Maintain three points of contact.**
- Use secure contact points such as steps, running boards, footholds, and handholds.
- Keep at least one hand and two feet—or two hands and one foot—in contact with the vehicle at all times.
- Securely grip handholds while your foot safely supports your body weight.
- Only break contact when you are securely on the ground or in the vehicle cab.

**Never jump off equipment. You may land off-balance, or on an uneven surface, and fall. Look before exiting.**

**Additional tips:**
- Install additional steps, nonslip surfaces, and handholds where necessary.
- Inspect climbing surfaces for mud, ice, snow, grease, or other hazards.
- Slow down and use extra caution in bad weather.
- Wear non-slip footwear that’s appropriate for the weather, equipment, and task.
- Avoid baggy or bulky clothing that could impede movement or get caught in the equipment.
- Do not enter a vehicle unless you are authorized and trained to do so. Notify the vehicle operator before entering or exiting.

To learn more about how to stay safe behind the wheel, visit [saif.com/safetyandhealth](http://saif.com/safetyandhealth)

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