

3 is key:

Safe entry and exit

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 Choose, Topics > Industry-specific topics > transportation.

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.

