

Delivery drivers: safe entry and exit from vehicles

Delivery drivers can get in and out of their vehicles several hundred times a day. While it may seem like a simple and easy task, a quick misstep can lead to a serious and painful ankle, knee, or back injury.

Tips for safely entering and exiting your vehicle:

- Wear shoes with non-slip soles
- Make sure shoelaces are tied and loose clothing is secured before entry and exit
- Never enter or exit a moving vehicle
- Inspect your surroundings before entering or exiting – look for uneven surfaces, curbs, potholes, and rocks
- Move slowly and steadily
- Keep your hands free so you can grip handles while entering or exiting
- Always face the vehicle when entering and exiting the back of the vehicle
- Securely grip handles as you enter and exit
- Never jump out of your vehicle
- Before entering or exiting, align your body and feet in the direction you want to go
- Consider adding grab handles, grip tape, steps, or other tools onto vehicles to make entry and exit easier
- ALWAYS maintain three points of contact

Takeaways

- Keep your hands free when entering and exiting a vehicle – put your devices and packages down
- Always maintain three points of contact
- Inspect your surroundings before entering and exiting a vehicle



Take action (Complete one or more activities as a team)

- A. GROUP DISCUSSION: Review company policy on entering and exiting.
- B. DEMONSTRATION: At one of the delivery vehicles, watch someone demonstrate how to properly enter and exit a vehicle.
- C. QUESTION: How will you remember to follow these tips when entering and exiting your vehicle?

