

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.

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