

Safely Exiting Work Trucks

Now that the snow and ice season has passed, it is natural to let your guard down when getting in and out of large work trucks.

However, we get in and out of our trucks on surfaces that can cause slips and falls beyond just snow and ice. These include:

- wet leaves at mulch piles,
- standing water on streets and parking lots,
- spilled fluids in our service bays,
- loose stones / gravel in lots
- mud or sand

We can not let our guard down.

Once a driver slips when getting out of a large truck, it is largely a matter of chance whether the driver slips and catches him / her self, slips and tears a shoulder muscle trying to catch themselves, or **slips and hits their head on the metal step and sustains a major head injury**. The skill lies in developing the good habit of getting out of a truck the proper way, every time.

The proper way to exit any vehicle, large or small is to:

1. Hold onto steering wheel or handles on cab of vehicle while stepping out onto top vehicle step. Minimize twisting of the torso as you step out.
2. Slowly turn to face vehicle.
3. While having both feet on either the cab floor or vehicle step, adjust handholds so you can take second and third steps down from the cab.
4. Make sure both hands have a good grasp of a sturdy handhold as you step onto the ground. Pause for a second to ensure good footing before releasing handholds.

Maintain 3 Points of Contact at all times
Only 1 hand or 1 foot should be in motion at a time

There is a correct way to exit a truck

- Face the vehicle
- Maintain 3-Points of contact with the vehicle
2 hands & 1 foot,
or 1 hand and 2 feet

