



SAFETY TALK

Slip and fall hazards - vehicle drivers

Heavy equipment operators need steps and ladders to get in and out of vehicles or machinery. That can increase the risk of slip, trip and fall injuries.

What's the danger?

- Musculoskeletal or repeated stress injuries from improper posture and climbing technique over time
- Falls while climbing in/out of vehicle cab
- Slipping from and striking the vehicle, injuring the worker or damaging the vehicle
- Strains, due to over-reaching arms or legs while climbing into the vehicle

Remember that metal is slippery, especially when mud, snow, oil, grease or dirt is present.

Protect yourself

- Always maintain 3 points of contact when getting in or out of a vehicle cab (either one hand, two feet or two feet, one hand on the vehicle at all times)
- Do not jump into or from a vehicle cab as you could land off balance and fall
- Exit and enter a vehicle facing the cab using rails, handles and steps. Don't step on tires or wheel hubs
- Ensure footwear is clean (of mud, snow, dirt, etc.) and has good support (no sandals, heels, etc.)
- Don't rush when climbing in or out of vehicles to avoid pulling muscles
- Firmly grip handrails, steps, ramps and gangplanks
- Ensure all stepping surfaces are slip-resistant
- Use caution entering/exiting a vehicle in bad weather

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Supervisor: _____

Performed by: _____

Location: _____

Concerns: _____

Corrective Actions: _____

Employee Name: _____

Employee Signature: _____