



## Preventing Slips, Trips, & Falls In and Around Trucks

Working around trucks presents many challenges to your personal safety. Something as simple as entering or exiting a truck cab can be dangerous if done improperly. Even seasoned drivers can sustain injuries if they become careless. Falls are among the most common accidents and, yet they are also among the most avoidable. In many cases, you have control over whether or not you are going to fall. You should constantly be aware of your surroundings, and recognize potential hazards that may cause you to fall. Practicing these simple tips will help you to perform your job safer:

### Entering and Exiting the Truck Cab:

1. Approach the cab. Before you even start to get in it, check the footholds or steps. Make sure they're not dirty or greasy. Stepping on slick surfaces could cause you to slip and fall.
2. Use the Three-Point Stance. Have at least three points of contact between you and the vehicle at all times. Enter using both hands and one foot, or both feet and one hand.
3. To exit the vehicle, examine the ground before you step out. Look for slippery or uneven surfaces. Face the vehicle and step down in a backward motion holding onto the grab handle or other stable surface, using a three point stance, and use all of the steps until you reach the ground.

### Working Around the Hook-up Area:

1. When hooking or unhooking brake and electrical connections, work from the ground if possible. If not possible, use as many handholds, and footholds as you can when climbing on and off the equipment.
2. Plant your feet solidly on the deck plate and keep in mind that the deck plate may be slippery.

### Climbing In and Out of the Trailer:

1. When entering and exiting the trailer, use the grab handle and trailer steps for example; use both hands and one foot, or both feet and one hand. If there is no grab handle then use the DOT bumper to enter and exit the trailer.
2. Scan the trailer floor for fall hazards such as; protruding nails, holes in the floor, or other objects that could cause you to trip.

Produced by the Institute of Scrap Recycling Industries

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Comments or Questions

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