



# Employee – Truck, Trailer & Mobile Equipment Entry & Exit Strategies

Numerous workers are seriously injured each day while getting into or out of truck cabs, mobile equipment, and trailers. Often, we enter and exit vehicles and equipment so frequently we tend to discount the risk that is present. In reality, a fall from only a few feet off the ground can have tragic outcomes.

Many times, three points of contact are not maintained, resulting in a slip or fall. Even intended actions such as jumping from vehicles and trailers onto uneven ground, objects, or landing wrong result in many knee, ankle, and back injuries. Studies show that jumping from a distance of as little as 4 feet on a 200 pound individual can hit the ground with a force of upwards of 2000 pounds.

## WHAT YOU CAN DO TO PREVENT INJURY:

- Always follow the “Three-Point Rule.” The Three-Point Rule requires three of four points of contact to be maintained with the vehicle at all times until reaching the desired location – two hands and one foot, or both feet and one hand. This system allows maximum stability and support, reducing the likelihood of slipping and falling.
- Do not attempt to enter or exit moving vehicle or equipment.
- Do not ride on a vehicle unless you are in an approved seat and using the proper restraint device to keep you there. This means no riding on forks, pallets, in buckets, or on running boards or bumpers.
- Confirm standing surfaces, handrails, and any equipment are in adequate condition.
  - Keep steps, handrails, ladders, and standing surfaces clean, dry, and free of snow, mud, and debris. Keep a towel and / or brush handy to help maintain good condition.
  - Report any concerns, damage, accidents, or near-hits immediately.
  - Do not alter surfaces or equipment without approval from your organization.
- Apply extra diligence when working in inclement weather.
- Utilize ladders to access trailers that do not have handrails, such as a flatbed. Use fall protection when appropriate. Always inspect equipment including ladders and / or fall protection prior to use.
- Wear footwear with a slip-resistant tread. Clean soles and inspect footwear periodically to ensure adequate tread is maintained.
- Never Jump! You may land on an uneven surface or off-balance.



Image Source: GettyImages



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- Always exit and enter facing the cab or trailer.
- Do not rush. Ascend and descend slowly and intentionally.
- Use the intended surfaces, steps, and handholds. Do not use tires or wheel hubs as a step surface. Do not use the doorframe or trailer edge as a handhold.
- Get a firm grip on rails or handles.
- Do not carry objects in your hand while entering or exiting. Instead, leave the item on the vehicle floor or trailer deck and retrieve when you have fully entered or exited. Also consider using items with straps (backpacks, coolers, or lunchboxes) to minimize the need to carry by hand.
- Always remember, N3L3- the Next 3 Seconds Protects Your Life, Your Loved Ones, and Your Livelihood.



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