

# Safety is our TOP PRIORITY



## TAKE 5 WHEN YOU GETTING IN AND OUT OF A TRUCK



### 1. Check surroundings.

Make sure there is no dirt, ice or snow on the cab / ladder steps. Also, check that the steps are not worn out. Park in a flat area and look for any potholes or obstacles that might make entering or exiting difficult.



### 2. Keep hands-free.

Don't start to enter or exit your truck while using a phone, holding coffee or carrying paperwork. Set down any objects onto the floor of the cab so your hands are empty when you mount or dismount.



### 3. Look for the handles.

Make sure you can see them and that they are securely fixed to the vehicle. Always use the grab handles and not the steering wheel.



### 4. Use the proper footwear and work gloves.

Make sure your shoes and gloves offer the grip and protection you need to safely move on and off the truck.



### 5. Use the three points of contact.

It's proven to be the safest way to enter or exit a truck. Anchor your body using both hands and one foot.