



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.