

TOOL BOX TALKS

The “In & Out” of Truck Cabs

It’s been a long day of driving. Now, after many miles, you want to get a bite to eat. Or, you need to get hooked up to that 53-foot dry van. Either way, for whatever reason, you need to get down from the cab of your truck. And, when you’re done you need to get back in there and drive! Getting in and out of the cab seems simple – and it is – but it puts drivers at risk for shoulder, back and ribcage injuries. Read the following safety tips for getting in and out of truck cabs.

WORKSAFE TIPS

SAFETY TIPS FOR CLIMBING IN & OUT OF CABS

- After driving, your shoulder, back and leg muscles are not warmed up – they aren’t as flexible.
- Be aware of wind when opening door.
- Don’t step out into traffic.
- Enter & exit facing the cab.
- Use only steps and hand rails – maintain them well.
- Keep steps clean and in good repair.
- Steps on saddle tanks become covered with diesel fuel.
- Watch out for the diesel fill cap on saddle tank steps – the fill cap can cause you to lose your footing.
- Clear steps of dirt, road tar, and ice or diesel fuel.
- Maintain good foot grip.
- Survey the ground for trip hazards before exiting.
- Use a flashlight to survey the ground at night.
- Never jump down from the truck.
- Jump injuries include injured ankles, needs and hips.

SURVEY THE GROUND BEFORE STEPPING DOWN.



SAFE! ALWAYS USE THREE-POINT CONTACT WHEN CLIMBING INTO OR OUT OF TRUCKS.



A FALL COULD RESULT IN PAINFUL INJURIES TO THE SHOULDERS OR BACK!





Smart, Accident-Free Environments

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